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In the garden this month

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- SORT OUT PROBLEM AREAS WITH EXPERT ADVICE



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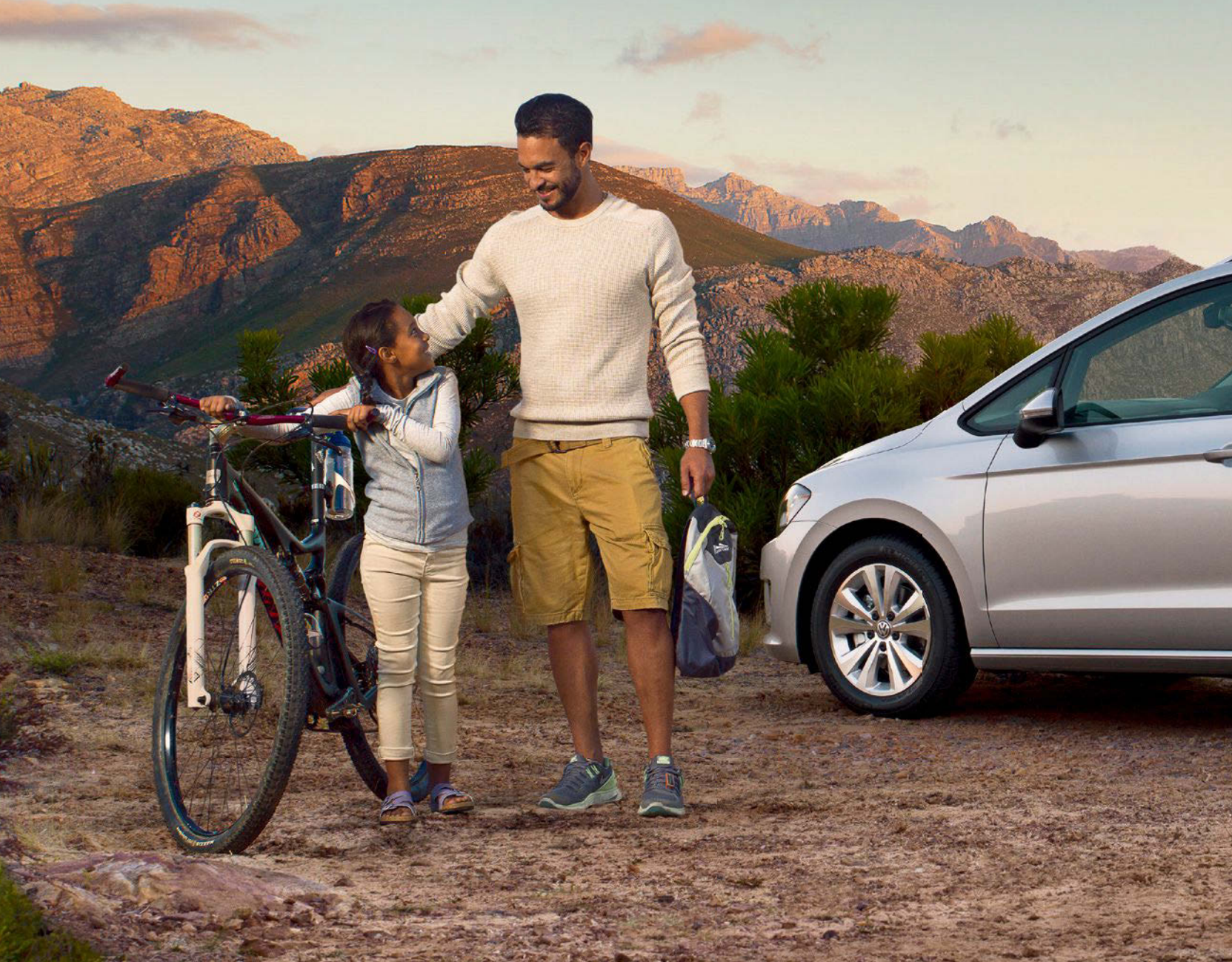
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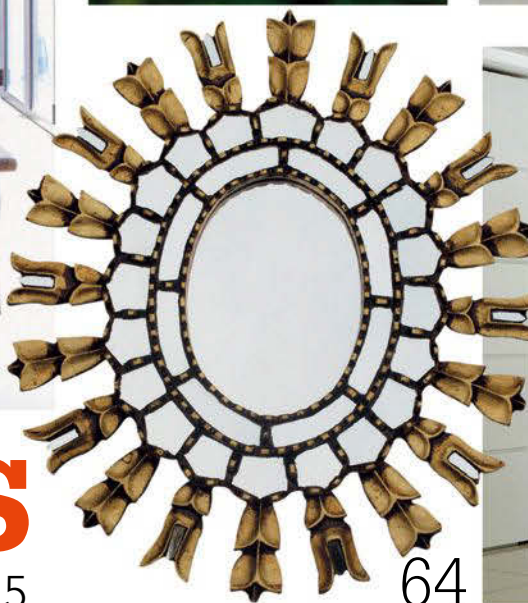
The New Golf SV. Life Sized.



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Das Auto.



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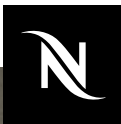
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GARDEN AND HOME

READERS' QUERIES

011 449 1010 or e-mail gardenhome@caxton.co.za

EDITOR

Mary Jane Harris

EDITOR'S PA

Mandy Buchholz 011 449 1010

FEATURES EDITOR

Karien Slabbert kariens@caxton.co.za

KZN CONTRIBUTING EDITOR, DECOR

Candice Botha candicebotha@gmail.com

CAPE CONTRIBUTING EDITOR, DECOR

Catherine Zachariou catherine@catseyes.co.za

CAPE CONTRIBUTING EDITOR, GARDENING

Marianne Alexander gandhgardenguru@gmail.com

ART DIRECTOR

Hema Nana hnana@caxton.co.za

DESIGNER

Katlego Bano katlegob@caxton.co.za

PRODUCTION MANAGER

Patricia Pieterse patriciap@caxton.co.za

CHIEF SUB-EDITOR, GARDENING

Diane Peacock dianep@caxton.co.za

DIGITAL EDITOR

Carina Claassens carinac@caxton.co.za

DECOR STYLIST

Joanne Trappitt joannet@caxton.co.za

REPRO AND RETOUCHING

Caxton Repro Department 011 449 1050 neville@caxton.co.za

EDITORIAL CONTRIBUTORS

Natalie Boruvka, Cornél Dunn, Jane Griffiths, Lisa Johnston, Lizette Jonker, Michelle Nel, Tess Paterson, Loren Shirley-Carr, Vicki Sleet, Graham Taylor, Lisa van der Knaap, Diana Wemyss, Henrique Wilding, Lyn Woodward, Lynne Yates

MARKETING AND PROMOTIONS

Roline Haine 011 293 6015 rolineh@caxton.co.za

ADVERTISING

JOHANNESBURG 368 Jan Smuts Ave, Craighall 2196, 011 293 6000 Fax 011 789 9636. Bookings 011 889 0600 Fax 011 889 0923

CAPE TOWN Caxton Magazines, 36 Old Mill Rd, Ndabeni, Maitland 7405, 021 530 8600 Fax 021 531 3795

DURBAN 19-21 Joyner Road, Prospecton 4110, 031 910 5841 Fax 031 910 5838

SUBSCRIPTIONS

011 473 8700 Fax 086 756 6374

gardenandhomesubs@RNAD.co.za

BACK ISSUES

011 473 8700

CLASSIFIEDS

Classifieds Sales Manager

Gary Wium 011 889 0885 garyw@caxton.co.za or

Charmaine Pillai 011 449 1064 cp@caxton.co.za or

Tamlyn Pasqualie 021 530 8600 tamlyn@ctp-mail.co.za

DISTRIBUTION

RNA Distributors 12 Nobel Street, Industria 2093 011 248 3500

Fax 011 474 3583 rna@RNAD.co.za

PRINTING

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GENERAL MANAGER Anton Botes

FINANCIAL MANAGER Rohan French

NATIONAL ADVERTISING MANAGER Eugene Marais

GROUP CREATIVE STRATEGY DIRECTOR Clive Vanderwagen

MARKETING MANAGER Reinhard Lotz

PRODUCTION MANAGER Sada Reddhi

HEAD OF DIGITAL Jana Kleinloog

EDITORIAL HEAD OFFICE Caxton House 368 Jan Smuts Avenue, Craighall Park 2196. Box 3124, Parklands 2121. Tel 011 449 1010

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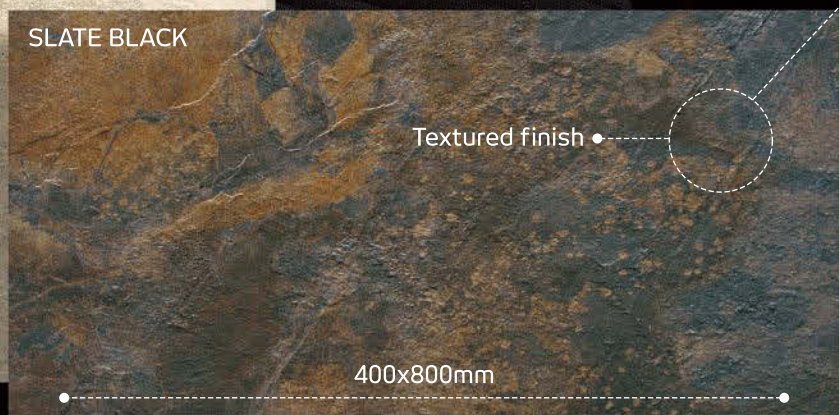
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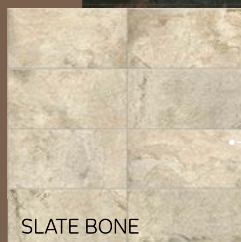
WHAT'S NEW

Still in vogue after 600 million years.

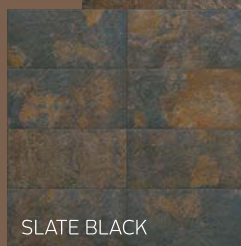
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SLATE BONE



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SLATE IVORY



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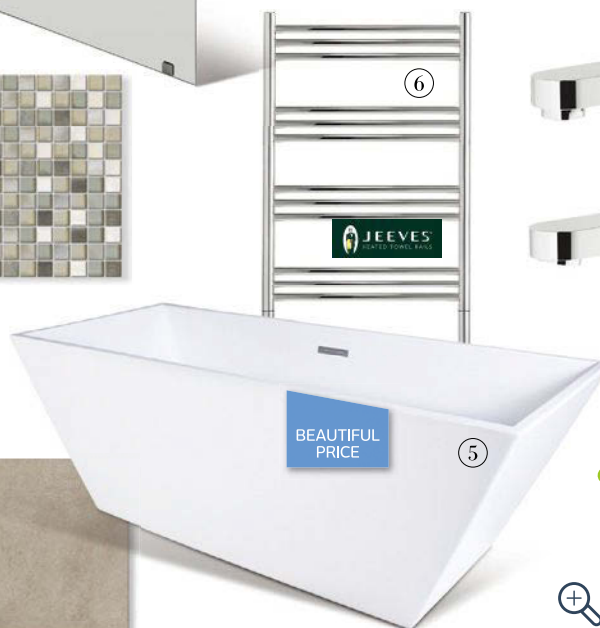
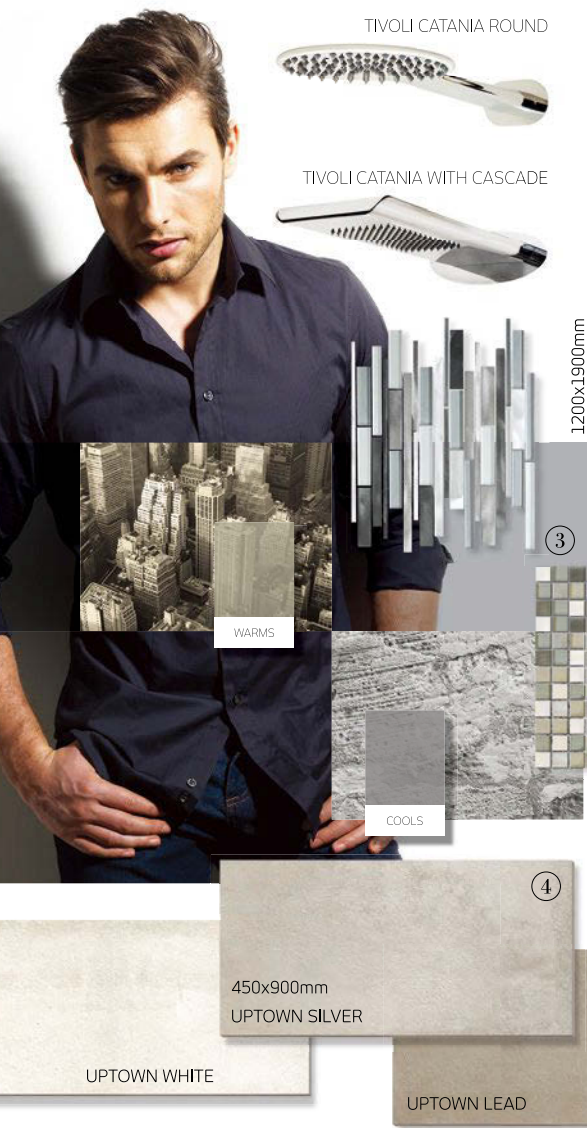
LIVE BEAUTIFULLY

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Sutton Tiles

Create a calming space with the natural Spanish shades of the Sutton large-format wall & decor tiles.

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Matching **Decor Tiles** available in each shade



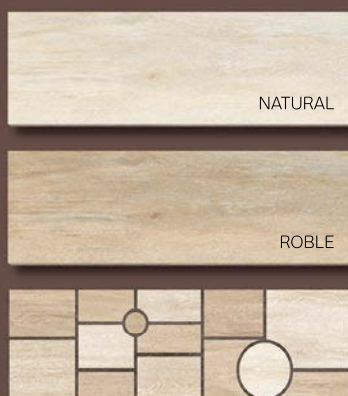
Size: 333x1000mm

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Size: 333x1000mm

ROBLE DECOR



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Size: 333x1000mm

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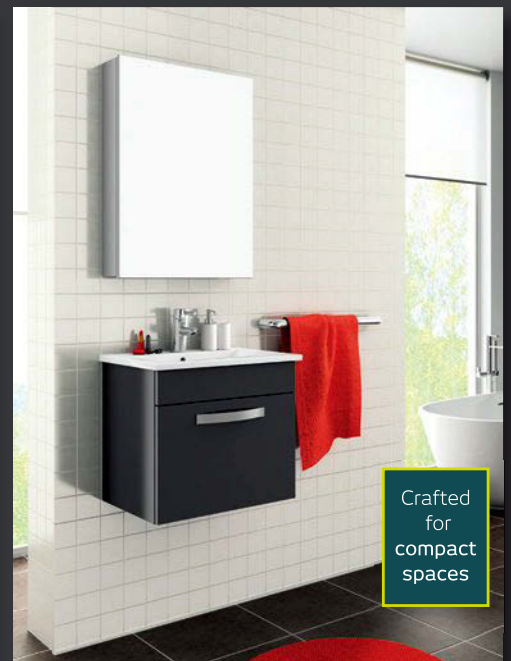
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LAUFEN Pro Wall-hung Basin* 600x480mm

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LIVE BEAUTIFULLY

The heart of the home



Recently we asked readers on Facebook what room they would like to revamp and it was interesting to note that most of you said 'the kitchen'.

The reason of course is that today, kitchens are used for so much more than just cooking. There's getting together with the family, socialising with friends, watching TV, catching up on admin, and in two of

the houses featured in this issue, the kitchen is where the children do their homework. If your kitchen was designed some time ago, it definitely needs to catch up with current lifestyles.

What we've noticed here at *Garden and Home* is that the trend for open-plan living and cooking areas has definitely affected the way kitchens look. They're much more furnished than fitted, and the decor is carried seamlessly from one area to the next.

Thanks to improved runner design, drawers can take more weight and with smooth closing mechanisms, they've replaced cabinets in most new kitchens. I don't know why it took so long for us to realise how much more practical they are – no more getting on hands and knees to scabble in the backs of cupboards and you can see everything at a glance.

Add to this clever fittings that make the most of every inch of storage space (see page 84 for some new ideas) and there's no longer a need for banks of floor-to-ceiling cabinets. This means that there's more space for attractive freestanding features like islands, tables and dressers and finishing touches such as art, mirrors and accessories.

Another advantage of open-plan living and cooking areas is that if you don't have a huge kitchen, then borrowing space from the living area as Durbanite Theo Vermaak did makes sense. His kitchen can now overflow into the living area when necessary and vice versa. See the clever transformation on page 74. And why have a separate kitchen and TV room? Follow the example of the owners of the Constantia kitchen featured on page 72 and combine the two into a beautifully decorated multifunctional space.

A good connection between kitchen and entertaining areas was top of the list when the Henegans renovated their Johannesburg home. Their solution was to move the kitchen from the back to the front of the house so it flows onto the patio. Read how they did it on page 50.

I know this might sound sexist, but when you think of kitchens, you do tend to think of mothers. So from all of us here at *Garden and Home*, Happy Mother's Day to all the mothers out there.

Shary Tane

If you want something unique in your kitchen, be inspired by the way decorator Salome Gunter combined a base found in Europe with a locally made top to create this useful trolley/island. See the rest of the house on page 42.



I've always admired Deidre and Vanessa Causton's amazing house and garden in Johannesburg and this firepit (featured on page 92) is yet another of their creative features.



I thought this was a great idea. The drawers in this island (featured on page 77) can be opened from both sides with the touch of a finger.



I love plants that do their own thing and don't need too much pampering, like salvias. Read more about them on page 102.



At the recent launch of the new Eijffinger wallpapers at Dreamweaver Studios we were enchanted by this panel from the Pip III range. dreamweaverstudios.co.za

There's a time to be bold. And a time to be cautious.

If there's one thing we can learn from the Titanic, it's that boldness and success don't always go hand in hand. When it comes to investing, we don't believe in a blanket approach either. We weigh up the pros and cons, methodically scrutinise the details and, above all, utilise one of the most widely ignored skills in modern investing – the power of restraint. Because knowing when to be bold, and when to be cautious, makes all the difference. And that's what makes us Wealthsmiths™.

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winning letter

My parents have just returned to SA from the UK. It's perhaps not always appreciated how greatly different light levels and cultural influences affect furnishings. For example, the lack of light in the UK could often make it difficult to achieve an all-white look without a room feeling drab or clinical.

Returning to SA has been stressful for my mother, as after 10 years in the UK, she doesn't know where to shop for pieces that will help her achieve the sense of home she's been missing for the better part of a decade. I picked up *Garden and Home* in the airport – in fact, on my way back to the UK, where I still live – and felt so inspired, page after page. I've since recommended the magazine to her – but also kept that copy as I absolutely love so many of the pieces you featured.

I've also identified which ones I can bring back to the UK, and help me live across both cultures I call home. I'm hoping to buy one of Angie Petratos's artworks (in the January 2015 issue) next time I'm in SA. Thanks to you and your team for the hard work that was involved in putting together such an informative and inspiring read!

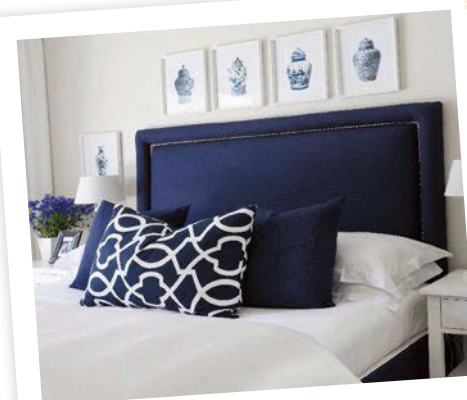
Nicole Whitton, via e-mail

Holiday PROJECT

I am so enjoying my new issue of *Garden and Home*! Thanks for making every month's publication so great.

As a teacher, I'm looking forward to the school holidays so I can tackle the interior decor of my home. I was inspired by the pictures of ginger jars on page 40 of your April issue. Keep the brilliant ideas coming!

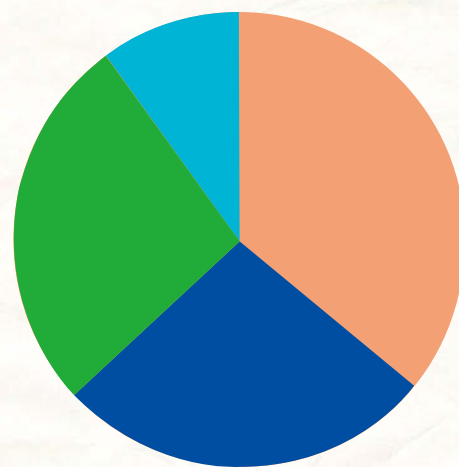
Mabel Laubscher, via e-mail



WE ASKED ONLINE...

What is your favourite fresh-cut flower?

- Lilies 36%
- Roses 27%
- Proteas 27%
- Lisianthus 10%



If you've missed an issue, contact RNA to get a back copy of your favourite mag! 011 473 8700 or RNAD.co.za

MAKEOVER HEAVEN

Thanks to everyone who sent in photos of their home updates for the #DontMoveImprove makeover competition. Visit us on Facebook to see our favourites.

WRITE IN AND WIN

Nicole has won a Hand Painted by Carmel tablecloth for an eight-seater table valued at R1 065. Hand Painted by Carmel provides gorgeous table linen lovingly hand-painted by Carmel Stoch. Her latest eye-catching designs feature bold florals like fynbos, and vegetables such as tomatoes, chillies and garlic. The tablecloths are made from coated 100% raw bull denim cotton, so they're completely stain- and liquid-resistant, allowing you to easily wipe them clean. Visit handpaintedbycarmel.com



How to get hold of us:

- gardenhome@caxton.co.za
- PO Box 3124, Parklands 2121
- SA Garden and Home magazine
- @SAGardenandHome
- [sagardenandhome](https://www.pinterest.com/sagardenandhome)
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Home FRONT

Our pick of this month's highlights, from things to do and seasonal shopping to decor news and the best places to visit



GATHER ROUND

This aluminium drum coffee table, R2 500, from Mr Price Home, is the perfect way to add a subtle metallic gleam to a living room. mrphome.com



Made in ITALY

We're smitten by The Cowley House Collection's range of handmade Italian costume jewellery. Fine cord is delicately worked around coloured stones and Swarovski crystals – just the thing for Mother's Day. From R1 400 – R2 200. Visit them on Facebook or e-mail fonah@iafrica.com

Bright Spark

The 2015 collection from Manuel Canovas is all about drama, from overscaled paisleys and suzanis, to bold stripes and even hot-air balloons. Equally at home in shocking pink or delicate eau de Nil, it's brimful of sophisticated charm. See the range at Mavromac. mavromac.co.za



Over the TOP

In true Eijffinger style, the new Pip III wallpaper collection is a triumph of whimsical design and bold colourways. Flowers take centre stage, but don't miss the overscaled bird motif that will have you hunting for a feature wall. See the collection at Dreamweaver Studios. dreamweaverstudios.co.za



Durban Debut

Romo South Africa has opened their first Durban showroom at 304 Florida Road, Morningside. Pop in to browse their collections of gorgeous fabrics with an outstanding range of plains in over 100 different colours. romosouthafrica.com ▷



COMPILED BY TESS PATERSON, CANDICE BOTHA AND CATHERINE ZACHARIOU PHOTOGRAPHS HEMA PATEL
AND SUPPLIED PRODUCTS ARE SUBJECT TO AVAILABILITY AND PRICES WERE CHECKED AT TIME OF GOING TO PRINT. SEE PAGE 6



Form follows function

- LOUIS HENRI SULLIVAN



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Designer's CHOICE

Furniture designer Haldane Martin loves the 2DO modular stacking drawers by Deánne Viljoen of De Steyl. "It's highly practical, the construction is beautifully detailed, and the pattern designs by Renée Rossouw are so *now*. The result is this colourful totem pole that organises your stuff."

044 878 0480 or info@desteyl.co.za



COOL CUSTOMER

Resolutely classical and understated, the new Constantina Collection from Zoffany is a must-see. The beautifully subtle palette ranges from pale chartreuse and aqua to delicate metallics on ochre or indigo backgrounds. Very London townhouse, and very versatile. Available from St Leger & Viney. stleger.co.za



SHOP ROUND *the clock*

New online homeware store Eleven Past stocks a range of furniture, lighting and accessories that is modern chic at its best. We love the clean lines and striking silhouette of the Fracture Armchair. elevenpast.co.za



Smart Prints

New from Elitis, Libero is a collection of statement wallcoverings that take the place of art. From ikat motifs to painterly geometrics, the striking panels are 136cm wide and sold by the metre. See the collection at St Leger & Viney. stleger.co.za ▷



H

HERTEX

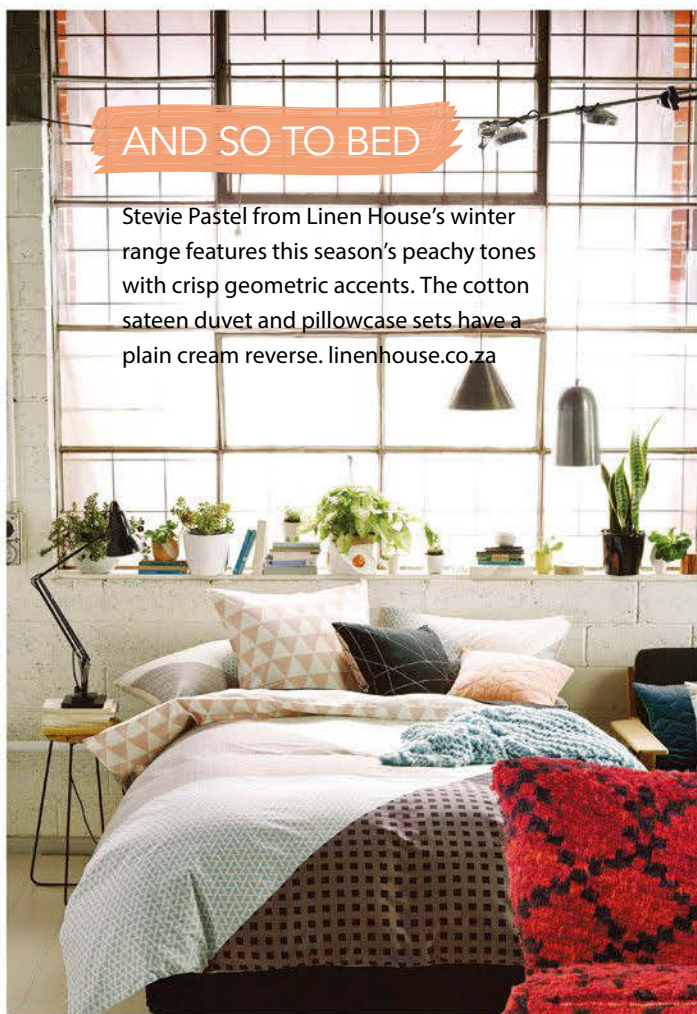
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AND SO TO BED

Stevie Pastel from Linen House's winter range features this season's peachy tones with crisp geometric accents. The cotton sateen duvet and pillowcase sets have a plain cream reverse. linenhouse.co.za



Sleek Sinks

Fans of Caesarstone will be delighted to know that they've launched a range of sinks. Engineered to match the corresponding Caesarstone surface colour, the result is a completely unified countertop. Available in five neutral colours. caesarstone.co.za



Deepest Darkest

Warwick Fabrics' new Titanium is a celebration of neutral metallics. Rendered in smart tones from pewter to charcoal, you can expect luxe velvets, foil prints and versatile weaves. Available from Warwick SA. Call 011 024 2747



Wild 'n WOOLLY

Get cosy on the Todd loveseat this winter. It's covered in a handwoven wool and cotton rug and teamed with mangowood legs. Definitely a retro statement, R22 995, from Weylandts. weylandts.com



1



2



This month we're loving...

"Bold patterns," says contributing decor editor Catherine Zachariou. "I've always fancied myself a bit of a decor rebel so this colourful Bahamian Breeze fabric in Nutmeg, from Halogen International, is right up my alley. And this Rebel Walls Colour Tones Wallpaper, from St Leger & Viney, is perfect for brightening up a dreary room."

What's On

29 – 31 MAY Grand Designs Live

This year's Grand Designs Live, with its theme of Upcycling, will be showcasing top brands, designers and expert tips. With features like the DIY Build, Garden and Chef's theatres, there's plenty to keep everyone inspired. The expo will take place at the Coca-Cola Dome in Northgate, and tickets are R90 for adults, R60 for pensioners and students, and children under 12 are free. For more information, visit granddesignslive.co.za or call 011 835 1565.

WIN! We're giving away 30 double tickets to Grand Designs Live, worth R90 each! To enter, **SMS**

GRANDESIGNSLIVE, your name and e-mail address to 48406. An SMS costs R1,50, errors will be billed and free SMSes don't apply. Entries close on 22 May 2015. For full Ts&Cs, see page 117.



30 MAY Susan Hughes Interiors showroom launch

Enjoy a morning of decor at the launch of Susan Hughes Interiors' new showroom in Johannesburg. Taking place from 09h30 until 12h30, the event will also feature pop-up shops with jewellery and clothing. For more information, call 011 788 4404 or e-mail susanhughes@telkomsa.net. [facebook](https://www.facebook.com/susanhughesinteriors)



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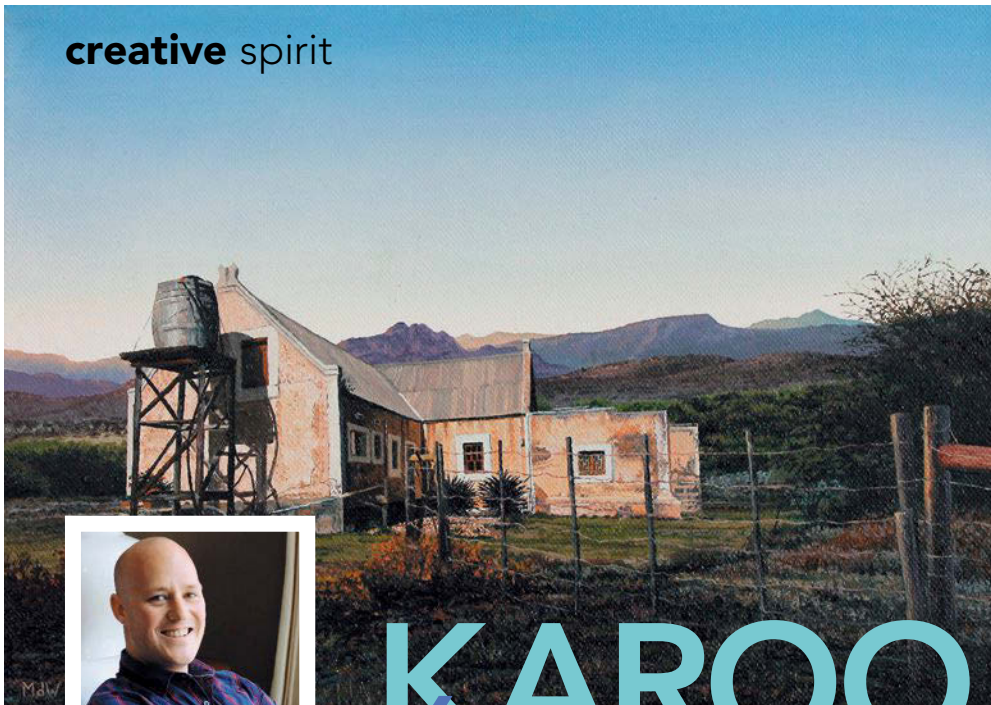


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KAROO *dreaming*

Cape Town-based artist Mark de Wet's paintings capture the serenity and raw beauty of the South African landscape to perfection

Describe your artistic style.

Realistic with a subtle animated quality.

What inspires you?

I'm drawn to isolated landscapes.

Fortunately, the rural South African vistas provide an endless supply of subject matter.

How did you start painting?

I've always expressed my artistic side, even at a young age, and my parents proudly collected all the art I created. My father is a talented graphic designer so I certainly get my creativity from him. My high school art teacher Francois Visser was an inspiration to me and helped me discover the potential of oil painting. After school, I studied fine art at Stellenbosch University, before changing to my other passion, nature conservation.

Which artists do you admire?

Emily Fellows, Errol Boyley and Pierneef.

What medium do you use and why?

I enjoy working with oil paint. It's challenging but quite forgiving, allowing you to change things as you go along. It takes about four days to dry so there is time to change your mind or tweak certain elements. I'm also attracted to it because of its opacity, which allows you to create vivid colours. I also work in charcoal, pencil and Conté.

Tell us a bit about your creative process.

I always have a camera around my neck so I'm ready to snap any scenery that moves me. I frequently visit the Karoo on photographic trips, exploring towns like Calitzdorp and Prince Albert – it's very easy to get inspired out there. If time allows, my ideal scenario is to paint in situ.

What challenges do you face during your creative process?

Procrastination is more of an issue for me than creative blocks. When deciding on a new piece I tend to faff around a bit, but I get there in the end. Capturing the incredible light in the Karoo can sometimes be a challenge but working in oils allows me to constantly perfect the effect.

What was it about the Karoo that attracted you to it?

There's a certain rustic simplicity to the region that appeals to me. My family made regular trips to the region, sometimes just for breakfast in Barrydale, and often for longer camping holidays. From an artistic point of view, the Karoo's beauty is certainly defined by its light, which is incidentally the most challenging thing to capture in painting.



Where do you like to paint?

Wherever the light is good. My favourite spot is on the veranda of a friend's farm in Lemoenshoek near Barrydale.

Do you work from photographs or in situ?

My meticulous and intricate technique means it can take weeks for me to finish a painting. That timeline doesn't always allow for in situ painting so photography plays an important role in my work.

What does the future hold for you?

I hope to grow and develop as much as possible as an artist. I'm also keen to explore other regions of our beautiful country and perhaps try my hand at coastal scenes. I'll be exhibiting at the Classic Revivals Johannesburg showroom in May. 

SOURCE Classic Revivals
classicrevivals.co.za

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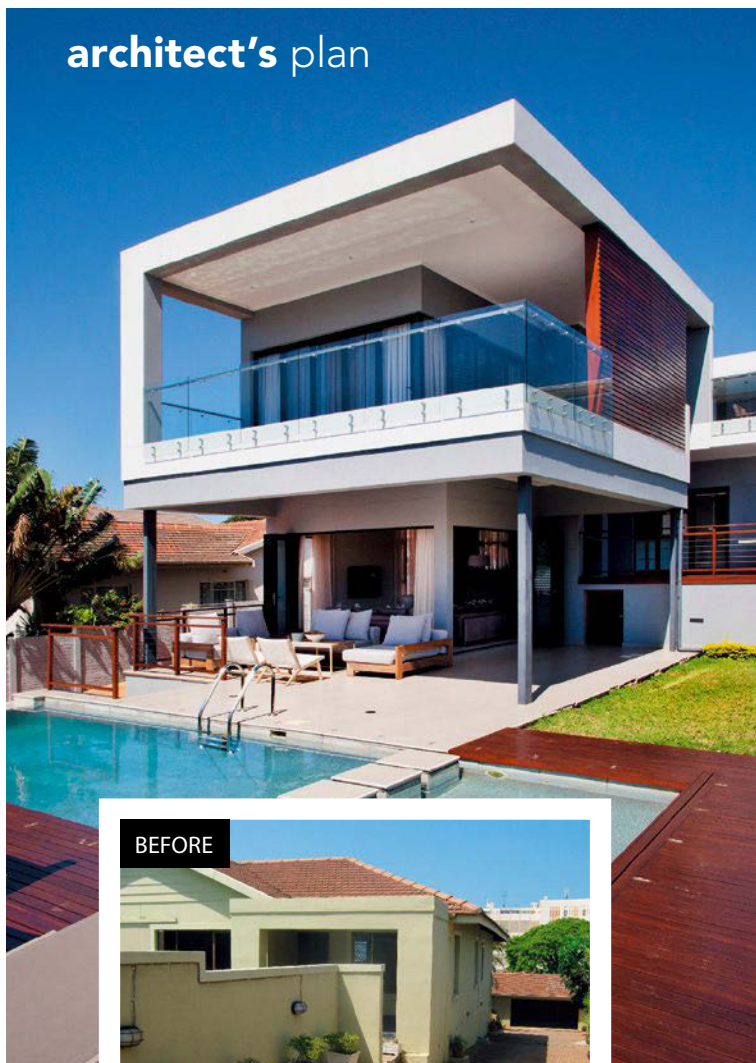
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BEFORE



AT A GLANCE

THE ARCHITECT: Patrick Mawesana of Sakhisizwe Architects.

THE CLIENTS: A family with three sons, aged 15, 8 and 2.

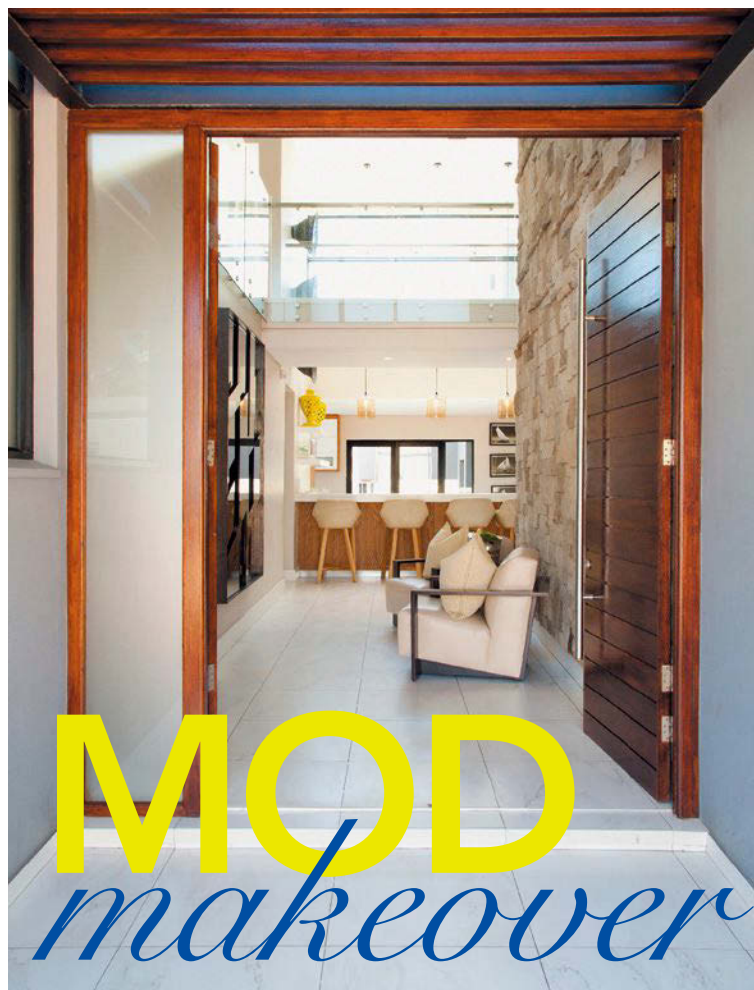
THE BRIEF: To renovate an existing three-bedroom house to create open-plan living spaces, add two bedrooms and integrate indoors and outdoors while maximising the sea views.

THE HOUSE: A 400m² double-storey home in Durban North with open-plan living areas, five en suite bedrooms, two lounges, an office, patio, balcony, swimming pool and four garages.

After living in their Durban North home for three years, the owners decided that the neighbourhood, schools in the area and proximity to work warranted a renovation to turn it into the ideal place in which to raise their three sons.

To modernise their home, the family contacted Patrick Mawesana of Sakhisizwe Architects. Patrick has a Bachelor of Architecture Advanced Degree from the University of KwaZulu-Natal, and worked at a prominent Durban architectural firm for six years before starting Sakhisizwe in 2003.

In response to their brief, he designed a contemporary double-storey home with sea views and high ceilings. It was constructed on the existing footprint of the house so the expansion was mainly upwards with minimal changes to the ground floor.



Extending this Durban property upwards resulted in the perfect home in the perfect location





“Liberal yet controlled use of glass, timber and aluminium enhances the minimalist look and clean lines of the house,” Patrick explains. “The floors are tiled with sleek white marble, highlighting the airy Mediterranean feel created by the sea view beyond the entrance hall, which welcomes guests.”

The kitchen is truly the heart of this home and was designed so that the owner would be able to see all of the living areas while cooking, which she loves. “From here I can keep an eye on the family in the upstairs pyjama lounge, the main lounge, the dining room and the patio,” she says, “so I’m always part of the action.” An elevated counter running the length of the kitchen is where the children do their homework supervised by their mother. “The kitchen is also the only room apart from the entrance that is double volume, which fills the cooking area with natural, filtered eastern light,” notes Patrick.

Durban’s hot climate was addressed with cross-ventilation, while the western elevation is completely screened from the afternoon sun by generous overhangs, making air conditioning unnecessary. Upstairs, the master bedroom enjoys expansive sea views and a slatted wood screen on the balcony provides privacy from neighbours. The existing pool on the west side was filled in and a new one built on the eastern side so the family can enjoy the view while entertaining alfresco.

“It was a big renovation and we moved out for a year while construction was underway,” the owners recall, “but the inconvenience was certainly worth it and we couldn’t be happier in our home.” **GEH**

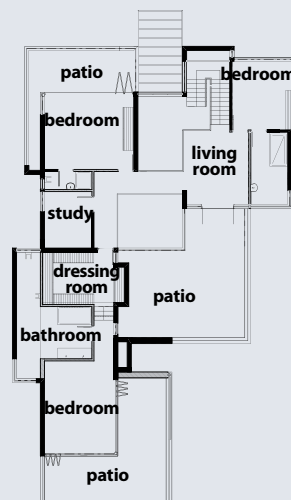
SOURCE Sakhisizwe Architects sakhisizwearchitects.co.za

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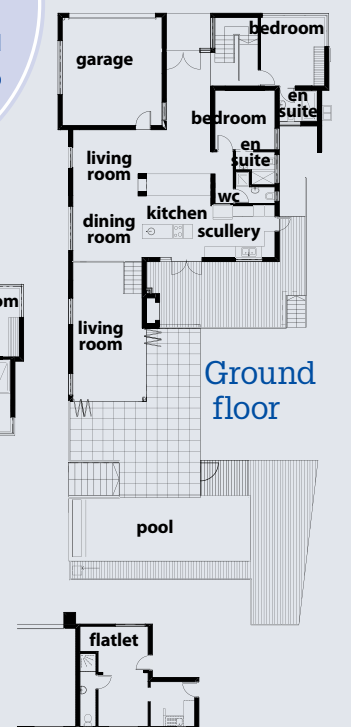
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First floor



Ground floor



What's trending now:

Indoor plants

"We're seeing a re-emergence of houseplants. Use angular glass terrariums or interesting stands to display delicious monsters, ferns, ivy and even cacti and succulents," says architect and furniture designer Frank Böhm



1. Floor-to-ceiling Ikea **plant stand**, R749, Nevada Furniture.
2. Ivy **ball**, R500, Opus.
3. Dollie herb **planter**, R499, Ceramic Factory.
4. Hanging glass **terrarium**, R400, Vintage Vista.
5. *Philodendron scandi* **ball**, R405, Opus.
6. Table **shard**, from R660 (incl. planting kit), Cinderwood.
7. Organic **blocks** with polyurethane-sealed tops, R6 017, Frank Böhm Studio.
8. **Cube**, from R550 (incl. planting kit), Cinderwood.
9. Kettal Objects Zigzag large **planter**, POR, Marlanteak.

SOURCES Ceramic Factory ceramicfactory.co.za Cinderwood cinderwood.co.za Frank Böhm Studio frankbohmstudio.co.za Marlanteak marlanteak.com Nevada Furniture nevadafurniture.co.za Opus opusstudio.co.za Vintage Vista vintagevista.co.za

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In a large space, solid furniture like this chunky **stool**, R1 250, from SHF, looks good.

OLD MEETS *new*



Keep it simple with a natural hanging **lamp**, R1 895, from Loft Living.



Introduce a conversation piece like this Elm kitchen **cabinet**, R18 995, from Block & Chisel.

Use a combination of vintage and modern pieces to create a mellow mood this autumn



Keep patterns simple with this Studio W long stripe **scatter**, R299, from Woolworths.



Bring in a touch of the unexpected with this reindeer **scatter**, R160, from Woolworths.



Add a tribal element with this Bindi **stool**, R995, from Coricraft.



A riempie **bench** with a modern twist, R14 995, from Haldane Martin.



The lived-in look of this leather chair adds warmth and character to the room. Soho **chair**, R8 800, Klooftique.



A great mix of old and new is this industrial **coffee table** with a parquet top, R4 750, from Trade Secret.

SOURCES Block & Chisel blockandchisel.co.za Coricraft coricraft.co.za Elizma Geldenhuys 078 456 7816 Haldane Martin haldanemartin.co.za Klooftique klooftique.com Loft Living loftliving.co.za SHF shf.co.za Trade Secret trade-secret.co.za Woolworths woolworths.co.za



Get the look

Want this look in your living room? We asked interior designer

Elizma Geldenhuys of EL Interiors in Cape

Town to share her tips:

- Don't be afraid to combine more than one style. Add interest by mixing African artefacts with smooth leather.
- Use a neutral palette so that the interesting shapes of the furnishings stand out. The rustic chandelier also becomes more obvious against the plain walls.
- Balance light with dark and chunky with delicate to create harmony.
- Make use of contrasting textures. The rough wooden items accentuate the smoothness of the leather chairs. **GH**





BEST DRESSED WINDOWS

Use bronze aluminium curtain rods with
Fleur De Lis finials to create this chic simple look.

CREATE THE LOOK WITH DECORLAND

If you're looking for an easy way to update your dining room this season, a stylish window dressing will get you there in an instant. White is beautiful, but can be a tricky colour to work with, so if you're opting for a monochrome aesthetic don't be afraid to play with different textures to create visual balance and interest. White creates the illusion of space - suddenly this dining room looks bigger and brighter!

To keep the look fresh and interesting, team eyelet curtains with a bronze aluminium rod and finials, this creates a striking backdrop to this clean and serene dining area. The neutral custom-made aluminium Venetian blind from Decorland keeps the look uncluttered, creating a space that's designed to support fabulous fuss-free entertaining.



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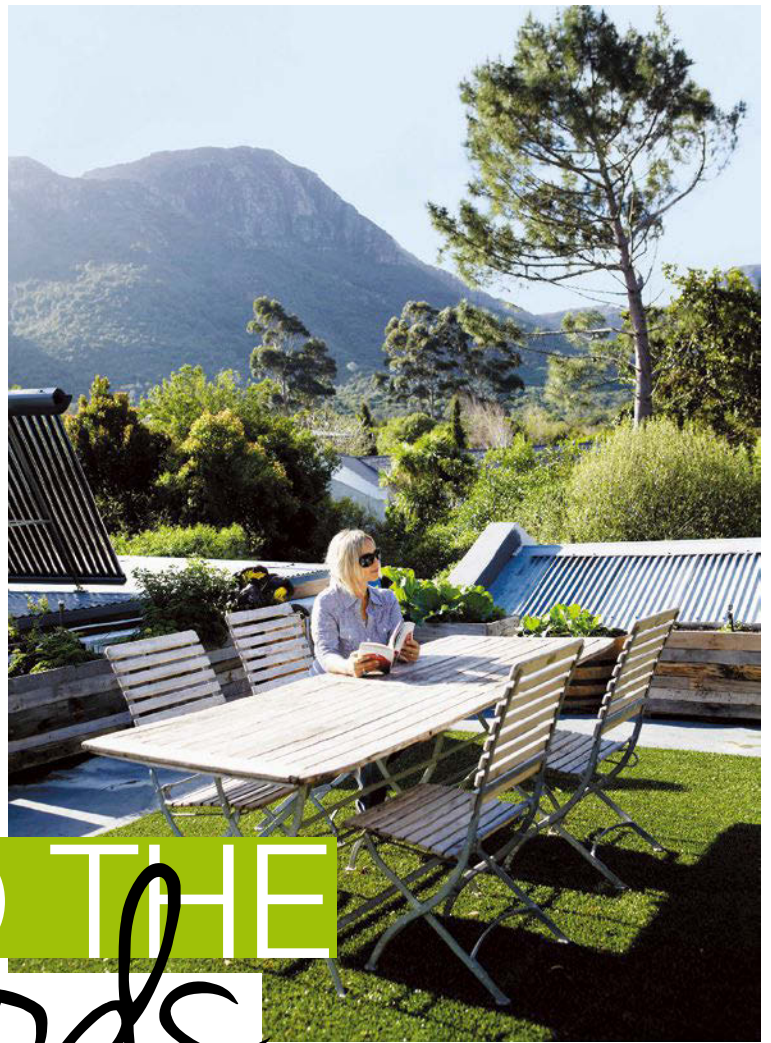
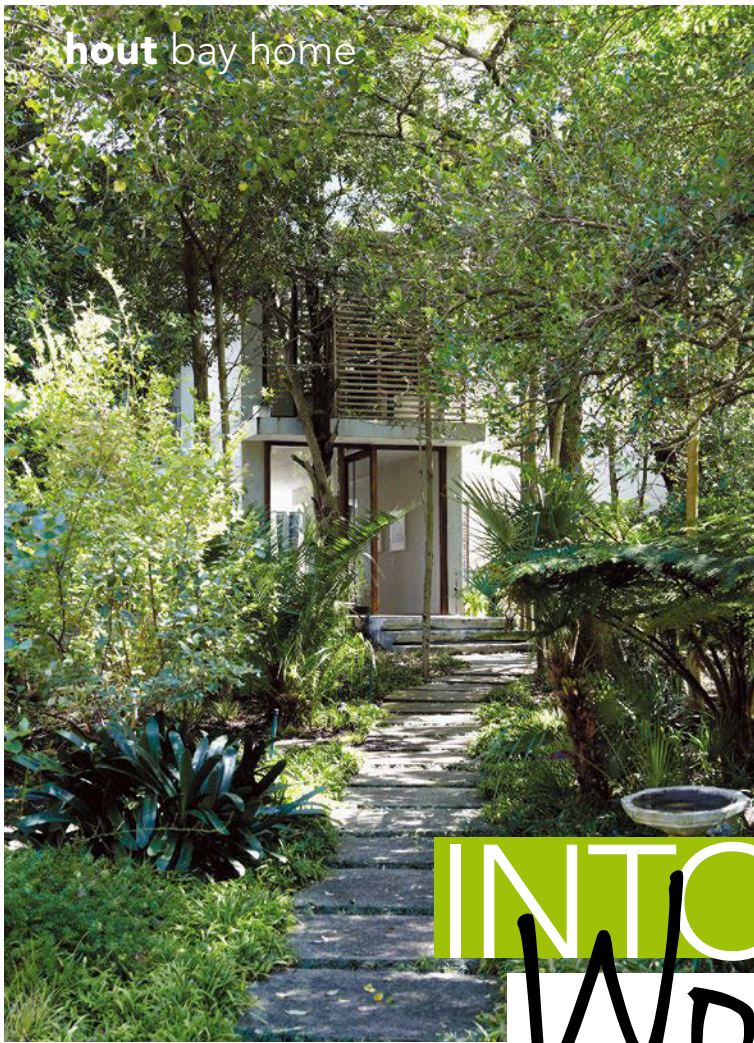
Use curtain rod rings for gather-top curtains or hang eyelet and tab-top curtains directly onto the rod. To find the right installation height for the rod, add 1 or 2cm to the curtain length so that it subtly skims the floor when hung. When spacing the support brackets for the curtain rods, keep in mind - curtains cannot run past the brackets.



All Decorland products are exclusively available at

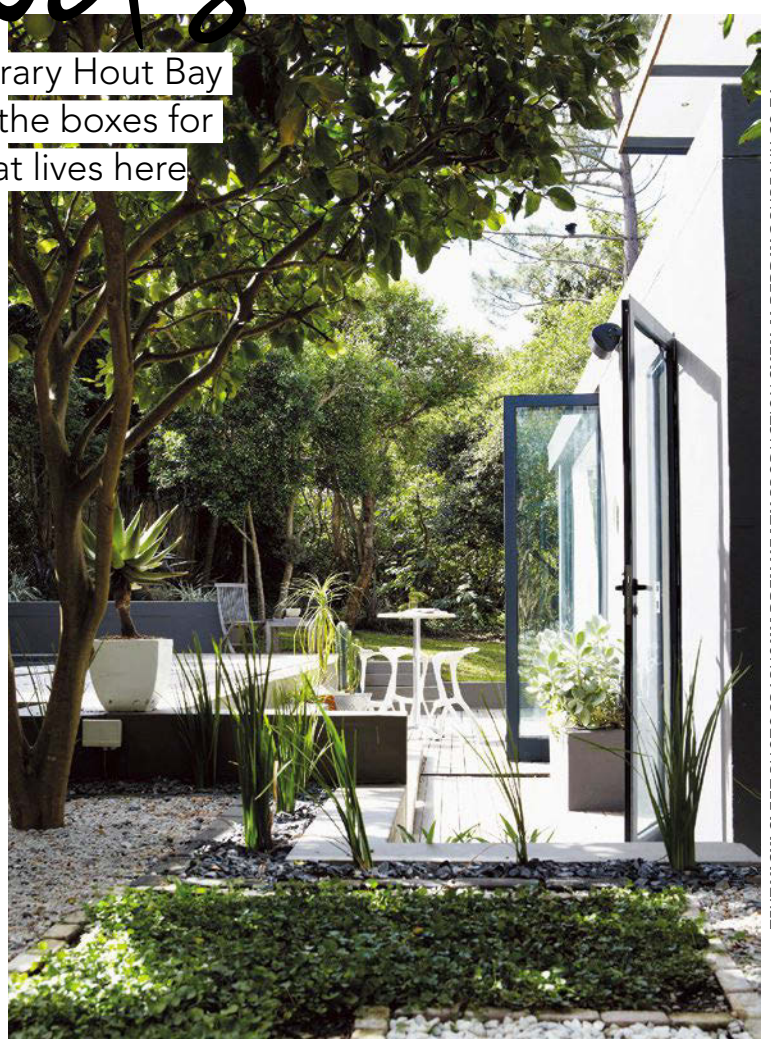


hout bay home



INTO THE Woods

This contemporary Hout Bay home ticks all the boxes for the family that lives here



Who lives here

Interior designer Gillian Goodwin, her husband Greg and their children Aiden, 19, and Caitlin, 15, and their Beagle, Hunter, and cat, Ginger.

The house

A contemporary family home bordering Orange Kloof Nature Reserve in Hout Bay.



OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT: ● The thick foliage in the **front garden** gives the home its tucked-away atmosphere. ● Gillian always wanted to grow her own vegetables and herbs as she is an avid cook, but because the garden is shaded, this wasn't possible. So the **rooftop garden** has been a huge success. ● The Goodwins' **backyard** contains mainly indigenous plants that flourish throughout the year. ● The open-plan **kitchen** area connects to the back garden through sliding glass panels.

THIS PAGE: Hunter sits next to the sunken **lounge**, which was part of the first extension, off the side of the original house. Today it forms part of a spacious open-plan living space leading to the dining area. ▷



Visiting Gillian and Greg Goodwin's home is like stepping through a gateway. One minute you're negotiating traffic on the busy Constantia Nek artery, the next you're ambling alongside a river and down a dirt lane, the only sound the whoosh of a breeze through the trees. There isn't even cellphone reception – a true sign these days that you're away from it all. It's this sense of seclusion that first drew the couple to the property some 14 years ago. Despairing that their once quiet valley was becoming noisy and suburban, Gillian and Greg set about looking for somewhere that ticked the 'quiet haven' boxes. "We didn't even know this little corner of Hout Bay existed," says Gillian, who says she loves that theirs is still a dirt road, further proof that development has bypassed their part of the valley.

Back then the house was a poky two-bedroom cottage with not much going for it bar its magical 'in the forest' location, but Gillian



and Greg were smitten. Over the course of a few years, as their family expanded, so too did their home. But it was in 2007 that the couple embarked on a major revamp and renovation that resulted in the house that the Goodwins now occupy. With the help of architect Aidan Hart of Inhouse Brand Architects, the tucked-away house in the woods was transformed into a carefully conceived contemporary home that's all about wood, glass and off-shutter concrete tempered with glossy white surfaces, feel-me fabrics and voluptuously shaped furniture.

A passion for design is clear. "I love my sheepskin Louis XVI chair, sourced from Delos and reupholstered by me. Unfortunately my dog, Hunter, also loves it and has started ripping up the one corner – it's definitely time for a reupholster! Another special piece is the Murano chandelier in the dining room which was a gift from a friend," says Gillian of the eclectic collection of pieces in the family's home. ▷



THIS SPREAD, CLOCKWISE FROM TOP LEFT: ● Glass panels in the **entrance** area showcase the forest-like front garden of their home. ● The open-plan kitchen and **eating area** is the perfect place for entertaining family and friends. ● The **kitchen** forms the hub of the house and the central island is where the family spends a lot of time together. "We usually eat our meals here and the kids sit here to do homework, plus I also use the counter as a workstation for my laptop," says Gillian. ● The floating fireplace in the downstairs **living area** is the gathering place on cold winter nights.



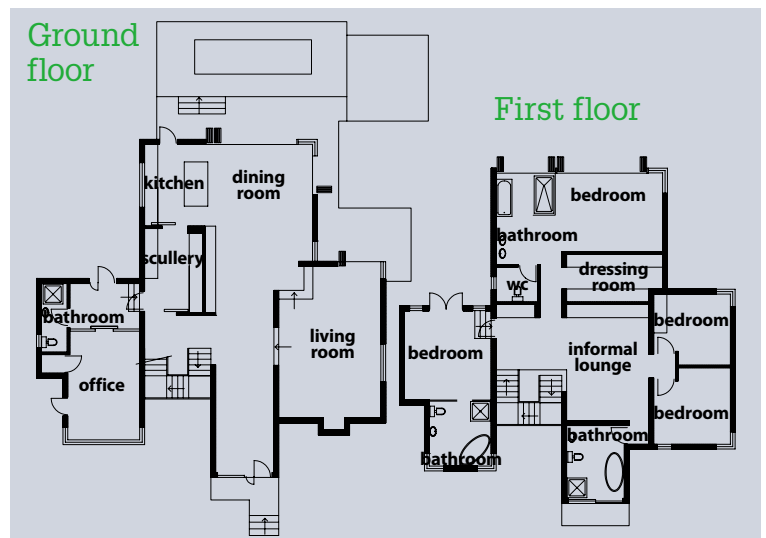
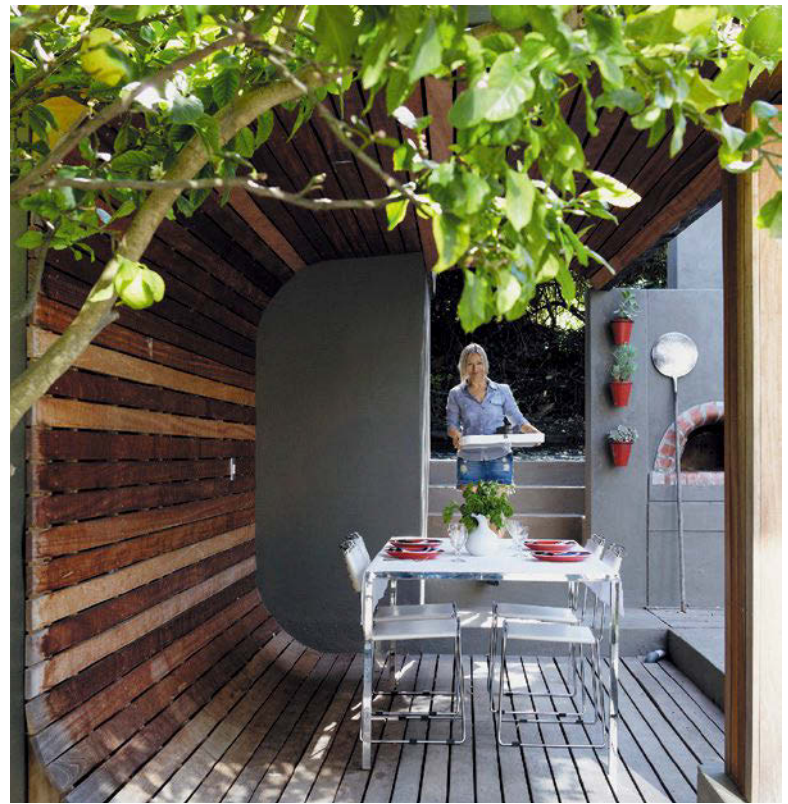
Ginger enjoys a patch of sunlight in the open-plan **eating area** off the kitchen, which is where the family loves to gather.

The Murano glass chandelier adds elegance.

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Designed with the family and entertaining in mind the home's central kitchen island is where people invariably congregate. "Caity will sit and do her homework while I get supper on the go," says Gillian, who designed the glossy oversized kitchen island to be an extension of the family's living and entertaining space.

A self-confessed neat freak, Gillian ensured there is an inordinate amount of custom-built storage space to cut the clutter and the result is clever innovations like a seamless wall of cupboards in the main living area. One section even folds out as a drinks cabinet, and Greg is renowned for his cocktails come Friday night when the Goodwins have guests over.

Perhaps the reason why this house has longevity for a family with growing children is that there are various zones where anyone can retreat should they feel the need. "I adore my flotation tank, which is outside the house and a great way to destress if I feel I need a quick break. I also love that we created an upstairs and a downstairs lounge which means everyone gets to watch what they want to on TV," laughs Gillian. When she's not working on her own projects for 89 Interior Design – a niche interiors company that takes on everything from domestic to small office projects – Gillian is invariably scheming about how to improve the house, and it pays off. She created a wood-clad outdoor lapa and firepit while her current pride and joy is the family's rooftop garden. "My kids were constantly climbing up the tree outside their bathroom up onto the roof. One day I followed and realised that we had a whole concrete slab up there that was totally wasted space. I have always wanted to grow my own vegetables and herbs, but because our garden is mostly shaded,

this wasn't really possible. All we had to do was build a staircase, and then, with the help of Urban Harvest, a local company that specialises in setting up organic vegetable gardens, we created this beautiful rooftop veggie patch. We've put a table up there and it's great for catching the last rays of the day, plus I have yet to buy greens this year," she says.

"My next plan is to do the kids' rooms as they are part of the original dwelling and need an update, but I'm not sure if I'm quite ready to put on my hard hat again," laughs Gillian.

Judging by the amount she has accomplished here over the years, there's no doubt that when this energetic interiors talent does decide to set to work, the results will be impressive. ▷

ABOVE, FROM LEFT TO RIGHT: ● The pizza oven was bought as a kit and was installed by the builder to form part of the outdoor dining and entertaining area. ● The wood-clad lapa is the perfect spot for alfresco lunches.



FROM LEFT TO RIGHT: ● The master **bedroom** looks out to the valley at the back of Table Mountain. ● The glass and concrete shower in the main **bathroom** perfectly complements the natural setting.



Get the look
Get the modern boho look of this dining room with these stylish finds 



Glass **chandelier**,
R5 598, Lightco.



Block Lights **print**,
R129, Superbalist.



Oak Cut Out **dining table**,
R12 800, Klooftique.



Calypso crystal
wine **decanter**,
R450, @home.

Stella **chair**, R283,86,
DP Plastics.



Havana wine **glasses**, R39,99 each,
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Under an *African* SKY

With its combination of industrial and rustic chic, this home in the Cape's Overberg is the perfect retreat

The **living area** is dominated by a massive clock from Artefact Antiques & Interiors. The Chesterfield sofa is from @home.

Who lives here

Mark and Tania Otty, an executive and voluntary worker, and their two teenage sons Jordan and Michael, who divide their time between Kent in the UK and the Overberg.

The house

A renovated double storey with five bedrooms and an open-plan living, dining and kitchen area. ▷

The Block & Chisel chairs in the **dining area** complement the French look the couple loves so much. The oak dining table lends a sense of history; the tabletop is over 300 years old.





THIS PAGE, LEFT TO RIGHT:

● Cabinets in the **kitchen** were made from recycled scaffolding. ● Tania bought the large blue dresser in the **living room** in France. An open 'bridge' replaced the mezzanine floor making the living areas much lighter.



Originally from South Africa and now living in the UK, Mark and Tania Otty wanted a truly South African holiday home with picturesque surroundings to enjoy with their two teenage sons Jordan and Michael. "It's important to us to maintain our roots and for our sons to have a place in South Africa they can call home." This house in Arabella Country Estate in the Overberg, near Hermanus, does just that, allowing them to dig their toes into the African soil while also enjoying the nearby seaside.

"It's a very tranquil space, far away from the hustle and bustle of London. Our favourite thing to do is fire up the braai after a long summer's day. The novelty of the mountains and big African skies just doesn't wear off. When the frogs in the pond start croaking you'd be forgiven for thinking you're on safari," says Tania.

The couple purchased the house, furnished, in 2009. "We loved the position but needed more space to accommodate family and friends, especially over the festive season. It's not uncommon for us to have 16 plus

people for dinner!" The original dark wooden furniture and orange and green colour palette didn't satisfy the Ottys' design aesthetic, so after a quick internet search and some cross-continental correspondence, the couple asked Salome Gunter of Salome Gunter Interiors to help them transform it into the light and airy home it is today. "I needed creative input and a designer on the ground to help during the building process. I identified with Salome's sense of style and we clicked from the start," says Tania.

The original structure was on one level and included a mezzanine overlooking the living areas. This darkened the rooms significantly, so it was replaced by a suspended passageway. "We had to marry the old features of the home with the new, so we decided on an Afro-French industrial style, which was perfect, as the couple love French style," explains Salome.

So much so that many pieces were bought at auction in France and shipped to South Africa. "Mark and I drove to France with a hired van, sourcing bits from various brocante fairs and shops." Importing furniture from France wasn't without its challenges through. "Trying

to make a deal in my broken French was difficult," laughs Tania. "I had sleepless nights after buying the blue dresser in the lounge. It's my favourite piece but I was worried it was too big, too blue and too old. Plus how on earth were we going to get it from the antique fair in L'Isle-sur-la-Sorgue, France to South Africa? In the end it was perfect for the double-volume space and adds the wow factor as you walk through the front door."

To cater for everyone in the family, Salome created three separate living zones: a TV room, formal sitting room and indoor braai area. The open-plan layout lends a light and airy feel, reminiscent of a New York-style loft apartment.

"Our favourite space is the kitchen where we *kuier*, enjoy drinks and prepare meals around the island, a lucky find at an antique market in Europe."

Grey was used as the base colour throughout the living areas, which allowed for accents of colour.

To take advantage of the breathtaking views, it was decided that the main bedroom would be moved upstairs. To create a spacious feel, Salome kept >



The copper tub from Victorian Bathrooms continues the industrial theme in the **bathroom**. >

Stylish White

The Woodoc Way



Woodoc Water-Borne FLOOR White Gloss Sealer was used to finish this stunning floor.

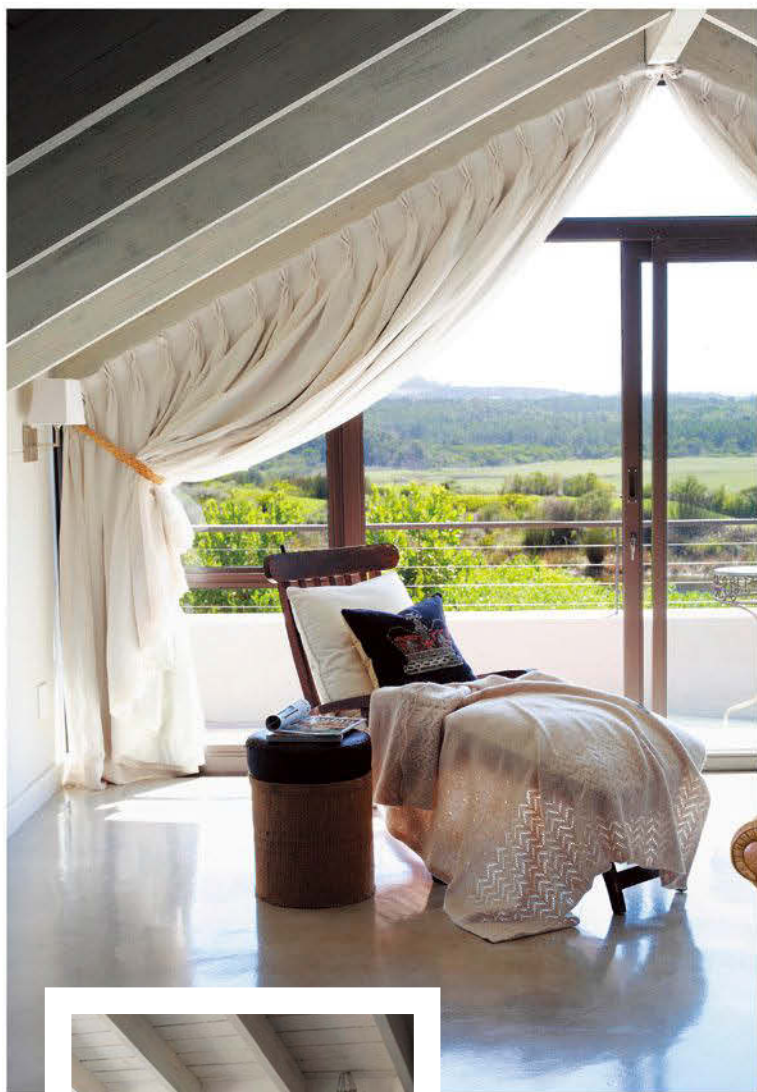
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Kensington Station
clock, R599, @home.



Montgomery bronze pendant,
R3 295, Block & Chisel.



Winchester leather sofa, from
R17 995, Sofaworx.



Antique patchwork carpet, from
R26 900, La Grange Interiors.



Hurricane candleholder on
brass stand, R399, @home.



Justin Kubu lobby chair,
R2 350 excl. cushions,
La Grange Interiors.



Metal coat stand,
R1 495, Block & Chisel.



Shandong coffee table,
R6 495, Weylandts.



FROM TOP TO BOTTOM:

- The breathtaking views from the **main bedroom** are framed by the dramatic cartridge pleat curtains in fabric from Hertex.
- Tactile fabrics like linen and sateen add interest to the neutral palette in the **main bedroom**.

the colour scheme simple and instead played with texture. Knits are combined with soft French bed linen and sateen scatter cushions. "We maintained the relaxed feeling by using screed flooring and making the bathroom open plan," says Salome.

"Designing and planning a house from thousands of miles away was challenging, but weekly updates from Salome and our architect Andrew Greeff kept us in the loop. We were constantly exchanging ideas over e-mail, which were then incorporated. It was difficult at times to capture exact colours and textures electronically, but we had faith in Salome's judgment. As choosing the floor colour was a big decision, we had samples couriered to us. The end result is exactly what we were looking for. We're planning on getting as much use of the house as we possibly can, and enjoying it to the full," say the Ottys. **GEH**

SOURCES @home home.co.za **Andrew Greeff Architects** a-g-architects.co.za **Artefact Antiques & Interiors** artefact.co.za **Block & Chisel** blockandchisel.co.za **Hertex** hertex.co.za **La Grange Interiors** lagrangeinteriors.co.za **Salome Gunter Interiors** salomegunter.co.za **Sofaworx** sofaworx.co.za **Victorian Bathrooms** victorianbathrooms.co.za **Weylandts** weylandts.co.za



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Centre STAGE

Tearing down walls created an open-plan living and dining area that's become the heart of this home

The scatter cushions on the **patio** furniture by Sevens are made up in Lucky 4 Leaf and Spiral Sensation from Whatnot Natural Fabrics and Orla and Pincushion from Skinny laMinx.





Who lives here

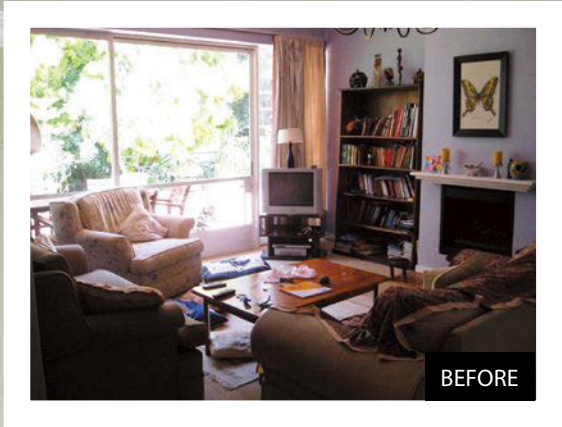
Entrepreneurs Brent and Lauren Henegan, their daughters Ashley and Taylor, and their dogs, Sandy, a Labrador, and Noodles, a Jack Russell.

The house

A four-bedroom split-level house built in the late 1950s with a large open-plan kitchen, living and dining area that leads onto a spacious patio and garden. ▸



THIS PAGE, CLOCKWISE FROM TOP: ● Ramon Di Clemente from DiBi Projects undertook the rebuild taking the **house** from dated to contemporary. "Thanks to him we were able to live in the house during the renovations," says Lauren. ● The **patio** table and chairs are from Sevens and the lanterns on the tray are from Coricraft.

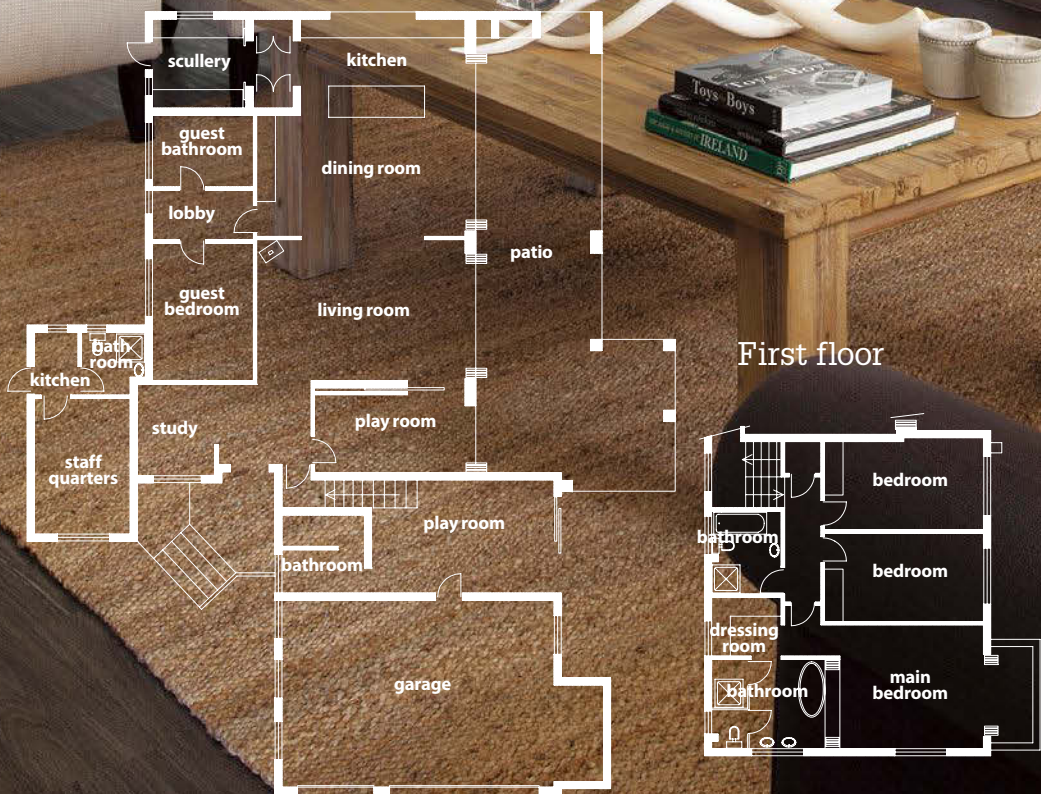


BEFORE

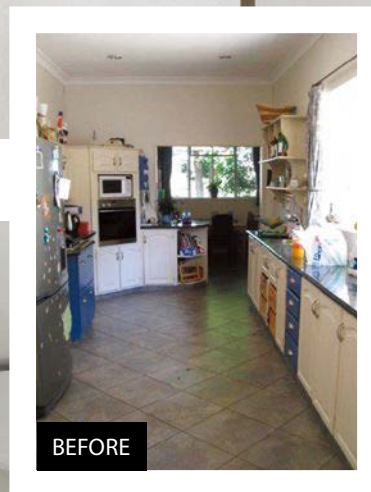
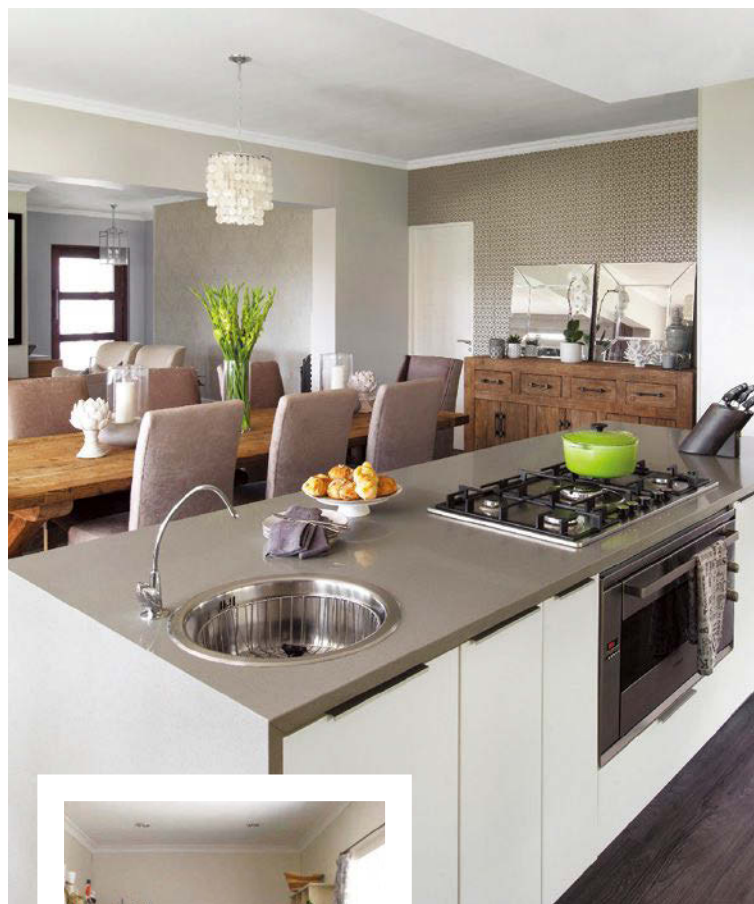


Ground floor

First floor



In winter a Morso fireplace heats the open-plan living area.



The house that Lauren and Brent Henegan bought five years ago wasn't one they particularly liked. "It was filled with dated finishes and consisted of a lot of small rooms. When we entertained, Lauren was always stuck in the kitchen completely isolated from our guests," recalls Brent. What did attract the couple was its location. Close to the school their daughters attend and in a secure suburb, the house borders one of Jo'burg's beautiful green belts and its elevated position takes full advantage of the view of the treetops. "We also loved that it had easy access to great mountain bike paths and the tranquil surrounds give the impression that we're living in the country rather than a big, bustling city," says Brent.

For three years, the Henegans planned the renovation. They envisioned a spacious central living area on the lower level that would open out onto the patio and the rolling green lawn. "We didn't want to encroach on the garden because our kids and dogs have so much fun running around in it, so we put a lot of thought into how we could adjust the interior layout instead," explains Lauren.

The biggest obstacle to their vision was the position of the kitchen, but by the time they approached Lara Hood of Hood Napier >

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Interior designer Kirsten Di Clemente of Slate Interiors wallpapered the walls in the **dining area** with Harlequin Momentum Trellis (Vol II 110378) from Black Fabrics. The mirrors are from The Gatehouse at Mavromac and the console is from Sevens. ● The **kitchen** was designed by Optima Kitchens. ● Wood laminate flooring from The Carpet & Decor Centre in Fourways was used throughout the **kitchen and dining area**. The dining table is from Sevens and the chairs are covered with Ottawa Bark from Hertex.



The stone cladding in the **bathroom** is from Mazista. The bath was sourced from Bathroom Fusion.



BEFORE



Architects to assist with the redesign, Lauren had already relocated it in her mind. It's now at the far end of the house adjacent to the existing dining room. To create a large open area, the dividing wall between the dining room and the living area was removed. "It turned out just as we imagined," says Lauren. "The kitchen, dining and living area meld into a fabulous space that encourages a sense of togetherness as a family and also allows us to entertain large crowds with ease," she says, adding that when it's warm the patio and garden extend the space even further.

From the start, the couple was assisted by their friend, interior decorator Kirsten Di Clemente, who runs Slate Interiors with her business partner Brenda Payne. "Although Lauren and Brent had a contemporary and elegant interior in mind, they wanted to avoid formality," says Kirsten. "They simply looked forward to having beautiful home in which they could kick back and relax." The process of decorating the home was very much a collaborative one with Lauren and Brent also involved with sourcing finishes. ▷



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R3 999, @home.

Quilted cream **throw**,
200cm x 240cm, R999, @home.

Zoffany, Katrina Aqua
wallpaper, POR,
St Leger & Viney.

Carly **ottoman**, from R3 495, Coricraft.

Decowood **shutters**, from
R2 500/m, American Shutters.

Eclipse **scatter** in Aqua, R575,
Vintage Vista.

Light blue blanket-stitch
scatter, R395, Weylandts.


Charleston vinyl **flooring**,
Partridgewood, from
R266,76/m² (excl. installation),
Belgotex Floors.

Montego **pedestal**,
R1 850, SHF.

Herringbone-knit **throw**,
R399, Woolworths.

One of the first areas addressed was the flooring. Tiles laid on the diagonal and old wall-to-wall carpeting made way for wood-look vinyl flooring throughout. "It was a great choice because it's warm underfoot and unlike a laminate, it's waterproof," says Brent.

The Henegans' desire for a neutral colour scheme gave Kirsten the opportunity to play with pattern and texture, and she used wallpaper to create feature walls in the living and dining areas. "Wallpaper is one of the easiest and most effective ways of giving a space a completely unique look and nowadays there's an amazing range of designs available."

The main bedroom was glammed up with a damask-style pattern in pale blue and silver while a half-wall of white shutters separates the room from the bathroom. "Like the rest of the home it strikes the perfect balance between comfort and elegance," says Lauren. 

ABOVE: The wallpaper in the **bedroom** is from Mega Mica Eastgate and shutters from Plantation Shutters. Kirsten had the headboard made up in Romo's Laser Metallic Palladium fabric. The bedside lamps are from Block & Chisel.

SOURCES @home home.co.za **American Shutters** americanshutters.co.za **Bathroom Fusion** winterburns.co.za **Belgotex Floors** belgotexfloors.co.za **Black Fabrics** blackfabrics.co.za **Block & Chisel** blockandchisel.co.za **Coricraft** coricraft.co.za **DiBi Projects** 083 529 9716 **Hertex** hertex.co.za **Hood Napier Architects** Lara Hood 082 902 4199 **Mazista** mazista.co.za **Mega Mica Eastgate** 011 616 4129 **Morso Fireplaces** morso.co.za **Optima Kitchens** optimakitchens.co.za **Plantation Shutters** plantation.co.za **Romo** romo.com **Sevens** sevens.co.za **SHF** shf.co.za **Skinny laMinx** skinnylaminx.com **Slate Interiors** Kirsten Di Clemente 078 431 3323 Brenda Payne 082 748 1647 **St Leger & Viney** stleger.co.za **The Carpet & Decor Centre** 011 465 1017 carpetdecor.co.za **The Gatehouse at Mavromac** thegatehouse.co.za **Vintage Vista** vintagevista.co.za **Weylandts** weylandts.co.za **Whatnot Natural Fabrics** 011 444 2722 **Woolworths** woolworths.co.za

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decorating with accessories

THE ART OF *accessorising*

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We asked three decorators how they go about
adding just the right finishing touches

Cushions made up in fabrics from
St Leger & Viney pick up the colours in
the kilim rugs.

“HANGING ART OUTDOORS IS ANOTHER GREAT WAY TO ADD A TOUCH OF SOPHISTICATION AND EXPRESS YOUR TASTE AND PERSONALITY, AS DOES PLACING A STACK OF YOUR FAVOURITE BOOKS ON THE COFFEE TABLE”



OUTSIDE INTERESTS

“An outdoor living area should have all the comforts of indoors while letting you enjoy fresh air and the views of the garden,” says Justyna da Silva of Janus Interior Design in Cape Town. “Accessories play a big role in making the area feel cosy and I like to choose those that reflect the style of the interiors as well.”

Areas to focus on: sofas, walls and floors.

“For this spacious veranda, which has both sitting and dining spaces, I started with large kilim rugs in earthy colours to add warmth to the concrete tiled floor,” explains Justyna. “I then chose large cushions that pick up the colours in the



rugs and draped throws over the arms of chairs and sofas so that they’re handy on crisp autumn evenings.”

To separate the sitting and dining spaces, she added a long weathered console table behind the sofa. “This also provided a surface for a display of interesting items with a garden theme, such as concrete finials and a small ceramic statue, which I combined with plants and flowers.” ▷

CLOCKWISE FROM TOP LEFT:

- A fruitwood table from Le Brocanteur divides sitting and dining areas and forms a display for collectables.
- Potted plants, flowers, books and garden ornaments make an interesting composition.
- A copper container echoes the colours in the painting by Paddy Starling.

SOURCES Janus Interior Design

082 659 2063 **Le Brocanteur** 021 761 9142

Paddy Starling paddystarling.co.za

St Leger & Viney 021 462 1813

“ACCESSORIES DON'T HAVE TO MATCH, BUT
IT'S IMPORTANT TO HAVE INTEREST AND
HARMONY IN EVERY DISPLAY”



TEXT NATALIE BORUVKA PHOTOGRAPHS CHRISTOPH HOFFMANN

A dramatic symmetrical arrangement was achieved by mounting large panelled mirrors above each cabinet, the tops of which display wooden objets, ginger jars and potted palms.



CREATING A MOOD

"It's the layering of shapes, heights and textures that brings a room to life," says interior designer Claire Clarke (left) of By DeZign Interiors who also co-owns NetDécor, an online accessories store, with business partner Miranda Reeder (right).

Areas to focus on: fireplaces, coffee tables, walls and seating.

Having established a neutral shell in her living room, Claire introduced accessories in shades of blue. "Scatter cushions are important when accessorising, and they offer you the opportunity to mix patterns and textures. Here I combined large dots with paisleys and plains.

"Fireplaces are often the focal point of a living room and here the perfectly centred fireplace gave me the opportunity to create a symmetrical arrangement. I wanted something dramatic so I

placed two large cabinets on either side, hung mirrors above them and added height with a potted palm on each cabinet. Don't shy away from oversized compositions," she advises. "The strong vertical accent gives a sense of height."

As she felt the room lacked depth, she painted the cabinets an inky blue which adds another tonal layer and accentuates their shapes. "I kept the mantelpiece uncluttered so that it doesn't detract from the artwork above."

While Claire has used her favourite blue and white china around the room, she's combined it with other items in metal, wood and glass. ▷

ABOVE, LEFT TO RIGHT: ● Claire balanced a large ginger jar from NetDécor with other medium to small items on this delicate gilded tray. ● In Claire's living room there is always space for beautiful coffee table books and fresh flowers. The armchairs are upholstered in Thibaut Bowen Linen from St Leger & Viney.

SOURCES NetDécor 011 469 3219 or netdecor.co.za St Leger & Viney stleger.co.za

“I DON'T LIKE A CLUTTERED
BEDSIDE TABLE BUT I
ALWAYS INCLUDE A VASE
OF FRESH FLOWERS”



The quilted duvet is from Country Road at Woolworths. The large cushion is in a stripe from Whatnot Fabrics and the toile is from St Leger & Viney. Black and white framed ink drawings give the bed further emphasis.



TEXT: NATALIE BORUVKA PHOTOGRAPHS: HEMA NANA
AND CHRISTOPH HOFFMANN



PILLOW TALK

"A beautiful inviting bedroom is the result of building up layers of interest with pattern and texture," says Johannesburg interior decorator Jenna Penny.

Areas to focus on: the bed and the bedside tables.

For her guest room Jenna chose a black and white scheme. "It's stylish and appeals to most people," she says, "and although it's neutral, the combination of different patterns makes it interesting."

"As it's the main feature in a bedroom, I always start with the bed," says Jenna. She loves quality bedlinen and found this white percale set edged with black piping. "This simple detail has a huge impact," she explains. Then she dressed the bed with a cable-knit blanket tucked in neatly



and added a quilted duvet across the end of the bed topped with a blanket with a stylised bird motif. "The combination of layers looks very luxurious and the care you've taken speaks volumes to your guests," she says. Providing the final touches here are a large striped scatter cushion and two smaller ones in toile. "Don't add too many scatter cushions as they have to go somewhere when you get into bed."

For bedside tables, Jenna likes to create interest using accessories of different heights. **GEH**

CLOCKWISE FROM TOP LEFT:

- Make use of shelves to display family photographs, ornaments and books.
- Subtle black detailing on the white linen makes a statement.
- Pixie and Thuli show their approval.

SOURCES Jenna Penny Interiors

jennapennyinteriors.co.za **St Leger & Viney** stleger.co.za **Whatnot Fabrics** 011 444 2722 **Woolworths** woolworths.co.za



IT'S A *celebration*

The festivities just go on with no sign of the trend for all things fiesta abating. The look works well for both winter and summer so have a party at home with vibrant colours, fabrics and accessories

1. Geometric 180cm x 230cm **rug**, R2 500, Mr Price Home. 2. Corona **tray**, R195, Hadedá. 3. Soho green **light**, R549,95, The Lighting Warehouse. 4. Gilded 60cm **mirror**, R1 400, Hadedá. 5. Yellow ceramic **stool**, R1 350, Vintage Vista. 6. Turquoise bamboo **bowl**, R299, Rochester. 7. Christine occasional **chair**, R2 995, Rochester. 8. Chihuahua **scatter**, R149, Rochester. 9. Ikat **scatter**, from R50, Coricraft. 10. Wall **planter**, R475, Hadedá. 11. Small lime racquet **vase**, R299, Rochester. 12. Decorland custom-made 25mm aluminium **Venetian blind** in red (60cm x 100cm), R306, Decorland at Game. 13. Turquoise glass **bottle**, R499, Rochester.

SOURCES Coricraft coricraft.co.za Decorland 0800 002 635 Hadedá hadedashop.com Mr Price Home mrphome.com Rochester rochester.co.za The Lighting Warehouse lightingwarehouse.co.za Vintage Vista vintagevista.co.za



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perfect meal, leaving you with all the passion and knowledge to go home and repeat these in your own kitchen.

We are particularly excited to be launching the Off the Grid Section this year. This concept is uniquely South African and is a first for consumers as it aims to educate and teach 'Grand Designers' about how to live off the grid and become self-sustainable by not relying on public utilities.

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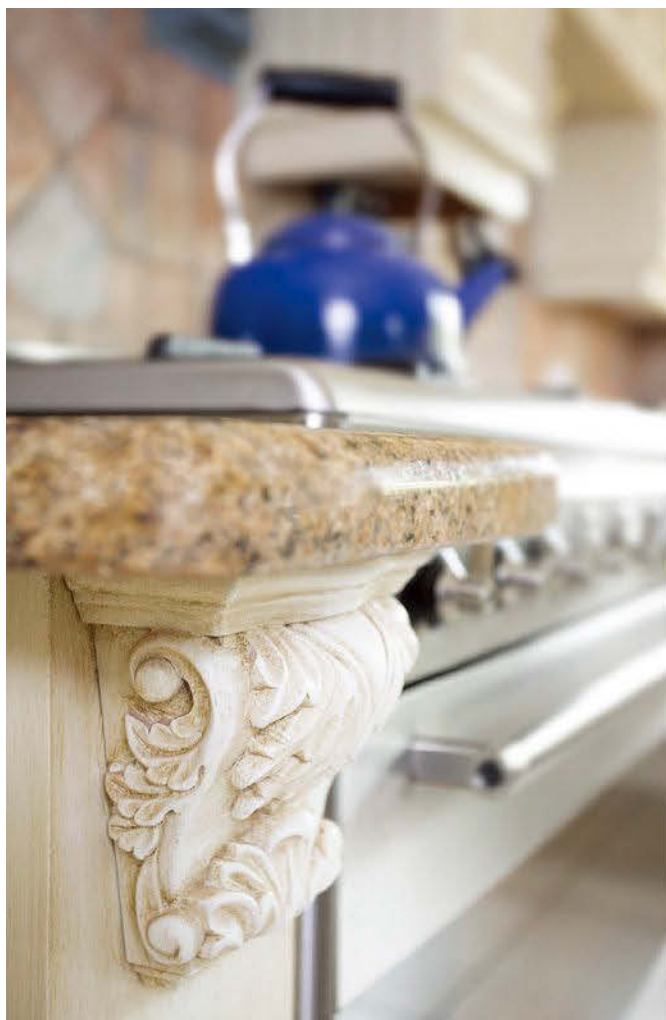
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BEAUTIFUL ONLAYS



Creative **THINKING**

Dreaming of a kitchen that suits your lifestyle?
Find out how these homeowners achieved the
perfect space for cooking and entertaining





Modern affair

An open-plan kitchen with all the latest mod cons was of utmost importance to this active family of four

THE AIM

For Brian Marais, spending time with his wife Sam and daughters, Tanith and Lashinka, is his favourite part of the day. “We wanted our kitchen to be the central gathering point of our home, as I’m at my happiest when cooking and catching up with my girls. We wanted a modern, clean-lined space without any obtrusive elements. I love the combination of stainless steel, timber and glass, so we wanted to bring these elements together too.”

TAILORING THE SPACE

“We designed and built our home around the kitchen so that it’s the focus of family living.” It’s linked to the TV room on the right and overlooks the formal lounge, dining room and pool deck. It’s also proved ideal for both family bonding and



entertaining thanks to the island which, with the addition of a 10cm-thick timber top, doubles as a bar counter and seats 10 on modern stools from Zack.

They selected easy-to-clean stainless steel for the work surfaces and cladding in some areas and gloss-finished cabinetry, all of which was installed by Aristo Interiors. “To maintain the streamlined look of the kitchen we integrated the fridge and freezer, reduced the use of handles and used a colour palette of gentle greys and natural textures.”

The couple treated themselves to Gaggenau appliances throughout including glass and teppanyaki hobs and a gas wok.

THE STAR ATTRACTION

“My prized possession is the coffee machine, but the 1,8m-long extractor unit probably gets the most attention,” says Brian. ▷

SOURCES Aristo Interiors 021 790 4507

Gaggenau gaggenau.com/za **Zack** zack.co.za



Family life

This Constantia kitchen is in the very centre of the home, making it perfect for family activities

THE AIM

The owners of this home, a Cape businessman and his art teacher wife who have three daughters, lived in the house for seven years before making any alterations. "The problem with our kitchen was that it was at the back of the house, miles away from the living areas, and there wasn't even room for a table." They wanted one where they could get together regularly

as a family and appointed architect Jane Baldwin to make this happen.

TAILORING THE SPACE

Jane positioned the new double-volume kitchen in the centre of the house just a few steps from the front door and included a casual sitting area furnished with sofas and comfortable chairs. There's also an intimate eating area with doors that open to the garden. "I love this space," says the homeowner. "We all have breakfast here together in the morning before leaving for school and work."

Then it was the turn of kitchen designers Kevin Andersson and Nicky

Preston of Silverbirch Fine Kitchens and Furniture to come up with a design that would satisfy all the family's needs. "Our middle daughter's a very keen baker so there's a special cupboard with concertina doors for baking equipment."

As the owners wanted a classic contemporary style, the designers used a mix of materials including exposed brickwork, glass and stainless steel. The painted finish of the island and the soft grey of the cabinets adds to the visual interest giving it a furnished rather than fitted look. The designers also provided plenty of storage space with a variety of cupboards designed to look like freestanding furniture.

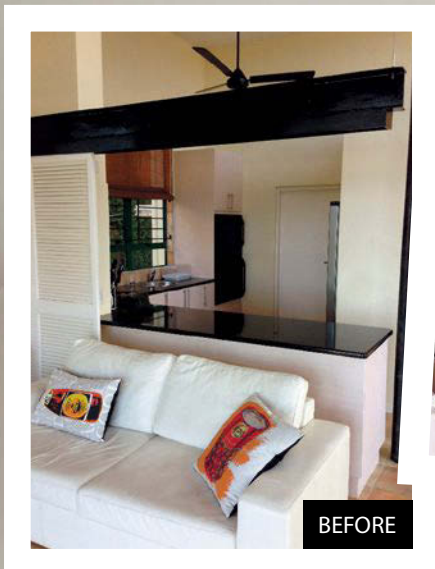


THE STAR ATTRACTION

The focal point of the kitchen is the island which features both stained oak and honed granite countertops, and accommodates a prep bowl and a surface area for baking. Highlighting it is a dramatic pendant which is both decorative and practical. "The girls do their homework here plus it's great for entertaining as guests can gather around it and I can chat to them while I cook." ▸

SOURCES Jane Baldwin and Associates
021 671 0145 Silverbirch Fine Kitchens
and Furniture 021 761 7056





BEFORE



BEFORE



KITCHEN IDEAS

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Compact cool

Despite its small size, this kitchen was designed to incorporate everything the busy urbanite needs

THE AIM

When both your kitchen and living areas are compact, the answer is to integrate them and create a better flow. And this is exactly what Durban resident Theo Vermaak had in mind when renovating his kitchen. “A counter divided the two areas, a door cut the scullery off, plus the kitchen layout didn’t show off one of the best design features – the high ceilings,” he recalls.

TAILORING THE SPACE

With the help of kitchen designer Lieze Aspeling of Country Kitchens, the new layout involved removing the counter and the scullery door and screeding the whole floor to connect the living and cooking areas. They replaced the dated cabinets with new streamlined white versions featuring drawers and pantry units to make use of every inch of space. “I find that drawers are much more practical than cupboards, especially if they are divided into sections so that everything has its place,” says Theo.

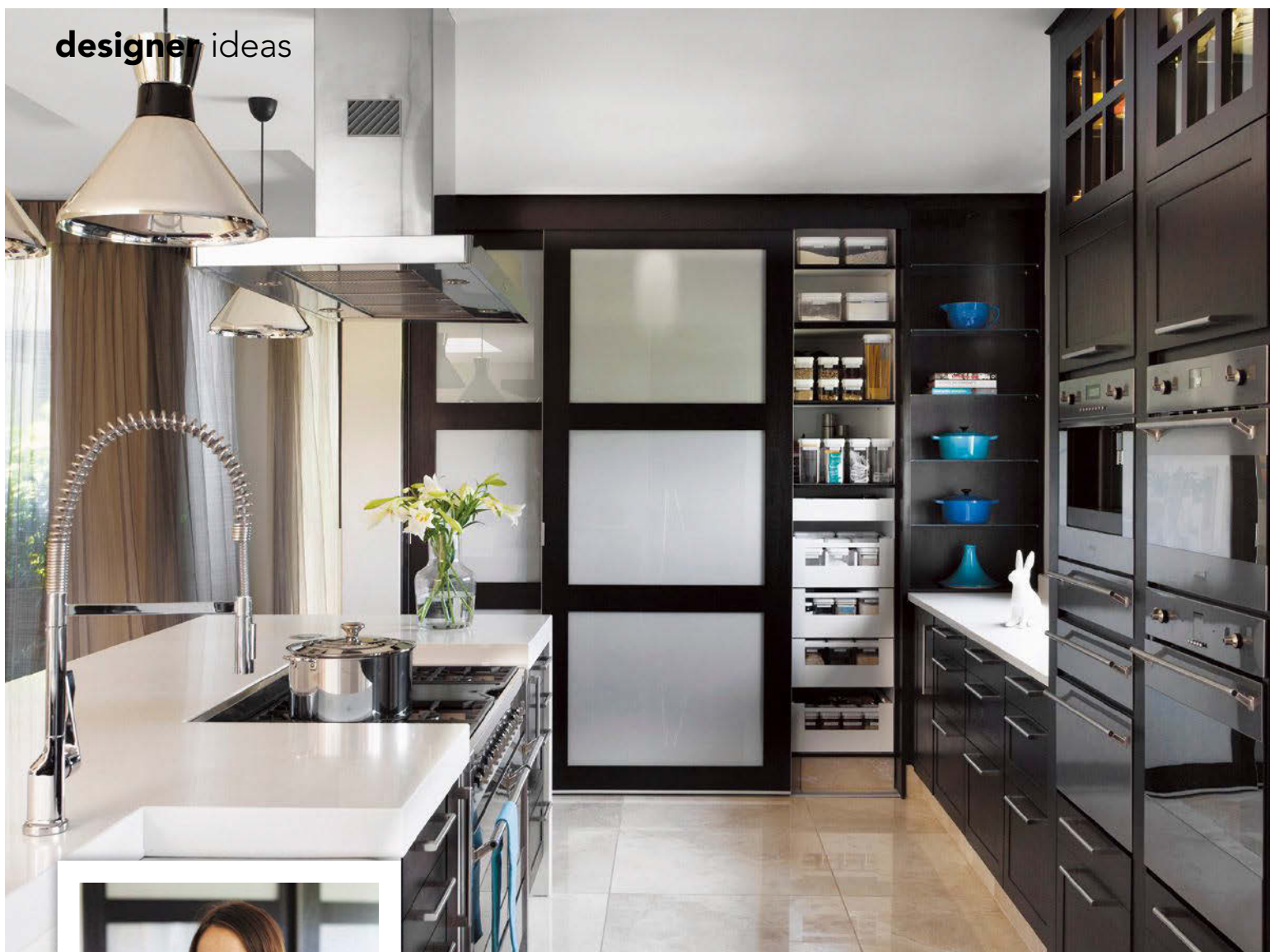


“Lieze carried the cabinetry through to the living room in the form of a cocktail cabinet with wine storage,” says Theo. Although wall-mounted cabinets were included, they weren’t taken right to the ceiling so the open space above them visually enlarges the room. Timber detailing and a dark charcoal paint on the one wall add warmth while integrated appliances maintain the clean, sleek look that Theo loves. “Use open shelves to break up solid cabinetry but the secret is not to clutter them,” he says.

THE STAR ATTRACTION

“The layout works better than I had imagined and although the kitchen area is small, I have everything I need,” says Theo. “The bravest decision I made was positioning the cooking area next to the stairs and removing a section of the wall,” says Theo. “I wasn’t sure it would work but guests now sit on the steps and chat to me while I cook, just as I’d hoped.”

SOURCE Country Kitchens
country-kitchens.co.za



EXPERT advice

Busy planning your dream kitchen? We asked some leading designers for their best ideas

1 CONCEALED STORAGE

“A great way to maximise storage space is with floor-to-ceiling cupboards fronted by sliding doors,” says kitchen designer Charlotte Schulze of Easylife Kitchens in Centurion. “What’s more, if they have panels, you can insert anything from wallpaper to sandblasted glass to suit your kitchen decor. These ones in African mahogany veneer were fitted with frosted glass panels with a safety backing film and have anti-jump mechanisms to stop the doors from derailing.”

Best for: Kitchens that don’t have the benefit of a separate pantry as well as open-plan kitchens where cabinetry should be in keeping with the decor in the living areas.

Biggest pros:

- When open, they don’t obstruct the traffic flow.
- They’re ideal for storing dinner services, serving dishes and things not used daily. Items can also be easily organised and accessed.
- The choice of decorative panels enables you to give your kitchen a unique character.



2 WOODEN SLIDING DOORS

“Wooden sliding doors can be used to create a feature in a kitchen, conceal storage areas and they take up very little space,” says Vince Muir of Holly Wood Kitchens and Furniture in Cape Town. “These streamlined ones in American poplar were fitted by Gossow & Harding Construction. They tie in beautifully with this warm, modern kitchen and conceal the scullery and bedrooms of this home without taking up room.”

Best for: Kitchens where space is an issue, where there are too many doors and those where you want to introduce a farmhouse feel.

Biggest pros:

- Creates an attractive rustic feature in the kitchen.
- Conceals spaces in a streamlined, unobtrusive manner.
- Can be made from scrap wood, keeping costs down.



3 ISLANDS

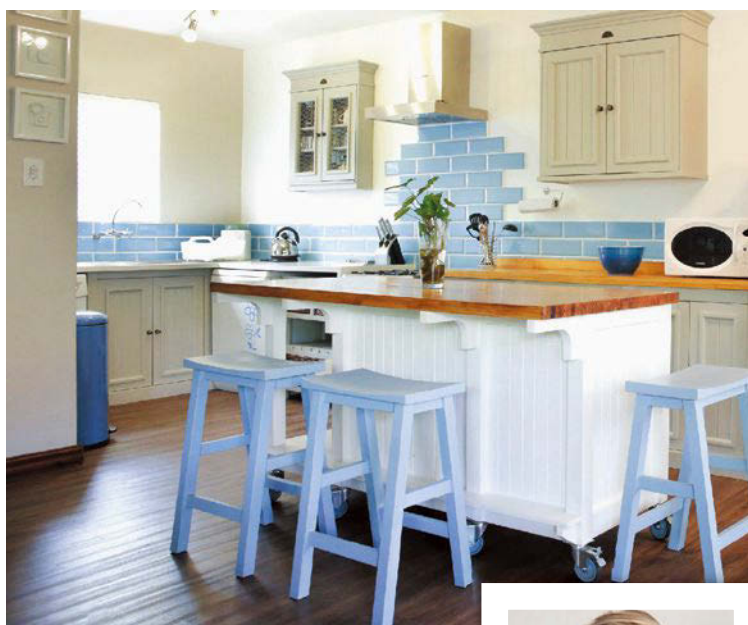
“With the trend towards open-plan living, islands are a way to separate the cooking and dining areas,” says Donovan Barnard of Cordev Kitchens in Fourways, Jo’burg, distributors of bau-for-mat and Burger Kitchens. “They’re a striking feature with a working surface, a place to gather around and they provide extra storage space. This L-shaped island has a cantilevered surface in wood laminate and a lower-level prep surface in Caesarstone. It has deep pull-out drawers that open from both sides with a pressure mechanism powered by an electrical drive.”

Best for: Large kitchens where you want a central hub for cooking, eating and entertaining. They are especially suited to open-plan living areas as they create a practical divide between living and cooking spaces.

Biggest pros:

- Can be fitted with double-sided storage drawers and additional storage.
- Provide additional sitting and dining areas.
- Offer space for extra cooking facilities like a hob, Teppanyaki grill, a prep bowl or additional sink, and can be fitted with electrical plugs for small appliances. ▸





4 FREESTANDING UNITS

“With freestanding, moveable kitchen units you can change the look of your kitchen quickly and easily,” says Silvia Miles of Milestone Kitchens. “These days there’s a range of units from islands to grocery cupboards in different styles so that you can just buy what you need.”

Best for: Those who are renting, planning a renovation or want the flexibility to reconfigure their kitchen as their needs change. “Gone are the days of having the same look for the next 10 years,” says Silvia.

Biggest pros:

- They don’t have to be professionally designed or fitted.
- Existing pieces can be repurposed in other areas of your home. For example, a grocery cupboard makes a great linen cupboard.
- Solid-wood units can be repainted, so you can change the colour and the look regularly.
- They can easily be moved for cleaning or repairs.



6 CUSTOMISED DRAWERS

“A drawer system in lieu of cabinets offers a simple fuss-free solution to storing different sized items in kitchen cupboards,” say Jamie and Dane Benjamin of Benjamins Interiors in Cape Town. “Here we used a combination of pull-out drawers fitted with compartments for smaller items like canned foods and open shelves for items used every day.”

Best for: Small kitchens where space is an issue and for those who want easily accessible, organised kitchen equipment and pantry supplies.

Biggest pros:

- Drawers can be customised to accommodate your particular kitchen utensils and pantry items.
- Pull-out drawers are easier on the back than cabinets as you don’t have to crouch down to access them.
- Every item has a specific place, so clutter is eliminated. **GH**



5 MIXING MATERIALS

“Choosing different finishes for countertops, cabinets and islands is very on trend,” says Kim Hansen of Kitchen Classics in Durban. “In this kitchen we chose different thicknesses and colours of Caesarstone for the countertops while for the cabinetry we used Niemann gloss laminated board as well as clear glass to display the owners’ collection of pots and pans.”

Best for: Open-plan kitchens where you want a decorated rather than a fitted look, when you want to have the right surfaces for tasks like making pastry and chopping, and in large kitchens where you want to demarcate different zones.

Biggest pros:

- Using contrasting materials creates interest and gives a kitchen character. You can also combine similar materials with different finishes, for example polished stone with honed stone or raw wood with varnished wood.
- There’s a huge choice of finishes; glass can be painted or sandblasted to give a variety of different effects while mirror adds glamour. Stainless steel comes in both shiny and matt finishes. Matt finishes and textured, washed and bleached timbers are on trend for 2015.



SOURCES Benjamins Interiors benjaminsinteriors.co.za Cordev Kitchens cordev.co.za Easylife Kitchens easylifekitchens.co.za
Gossow & Harding Construction ghconstruction.co.za Holly Wood Kitchens and Furniture hollywoodfurniture.co.za Kitchen Classics kitchenclassics.co.za Milestone Kitchens milestonekitchens.co.za



Fridges Just Got Cooler

Think outside the box with Samsung's range of refrigerators designed to add a touch of style to any home.

Refrigerators have evolved considerably and are no longer ugly boxy occupiers of space in the corner. With open-plan living becoming increasingly popular, the kitchen is taking over as the entertainment hub of the home. More women and men, are spending their time cooking while entertaining their families and friends, and refrigerators have become a major décor focus in the social environment.

Making sure you have enough fresh ingredients on hand is essential to create a favourite dish or stretching your imagination by whipping up something a little bit more exotic. Popular television food channels have encouraged a whole new generation of foodies, guiding consumers to expand on their food repertoire – whether it's about catering on a grand scale or eating healthier home-cooked meals. In the same way Samsung has turned the old-fashioned icebox into a state-of-the-art storage unit. Offering an extensive range of options from Single, Double or French doors it has never been easier to find the perfect model to suit your lifestyle, kitchen and décor.

More than just a convenient home appliance, refrigerators are also making a design statement in their own right. With a wider range of options than ever

before, they now cater for everything from children's sticky fingerprints to teenagers' constant need for ice-cold water on tap. Samsung will help you narrow down the countless options and ensure you are confident that the refrigerator you're choosing will contribute to happy memories for years to come.

Finding the right fridge is all about understanding your unique needs. There are a number of convenient multi-tasking features to consider including water and ice dispensers, fast auto icemakers, big freezer boxes, wine shelves and even reversible doors. The mega capacity 893-litre four door model is ideal for a large family, while the smaller freezer combi unit, at just 595mm wide, is ideal for compact kitchens. Stainless steel finishes and LED displays will appeal to the hi-tech members of the family while qualities like silver nano anti-bacterial coating will make mom smile.

Additional piece of mind also comes standard when investing in a Samsung refrigerator. These units are equipped with Digital Inverter Technology that controls internal temperature more effectively improving cooling performance, while increasing energy efficiency. There are also the additional benefits of less noise and exceptional durability, backed by a 10-year Digital Inverter Compressor warranty.

Whether you're looking to complement your surroundings with a sleek little number that fits into your studio apartment or you're searching for a standalone unit that will cater to a large family, Samsung offers the perfect solution for all refrigeration needs.



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SAMSUNG

FULLY EQUIPPED

Here's our round-up of some of the latest and greatest in kitchen gadgets and appliances

OVENS AND HOBS



1 5 Burner Gas Electric Multi-function Stove, R13 999, Defy

This stove offers technology with style. It features an A energy efficiency rating, cast-iron pot stands and flame failure safety measures. Available in stainless steel, white, cream, anthracite and red finishes.



3 Morphy Richards Smart Cook Double Plate Induction Cooker, R3 349, Yuppiefchef.com

Want to try induction cooking but not ready to commit to replacing your hob? Then this cooker is for you. This portable double-plate cooker with eight cooking functions lets you take the convenience of induction anywhere.

DISHWASHERS



5 14 Place Dishwasher, R9 000, Samsung

Energy efficiency is the stand-out feature of this dishwasher, and it has also been designed for maximum convenience – the Power Wash Zone effectively cleans sticky dishes and there's an adjustable upper rack for large items.



6 LG TrueSteam Direct Drive Dishwasher with SmartRack Technology, R11 619,99, Hirsch's

LG's TrueSteam Technology ensures that your dishes always come out clean and sanitary, while the Dual Steam Spray lets you wash delicate glasses and dirty pots in a single cycle. Plus you can adjust the baskets to accommodate different sizes of crockery while the Inverter Direct Drive increases energy efficiency.

2 SMEG Touch Control Induction Hob, R17 899, Hirsch's

The sleek, sophisticated design of this hob boasts flat black glass surfaces and angled-edge highlights as well as five induction zones. The touch controls have up to nine power levels, making it convenient to navigate through the various temperature options.



4 LG SolarDOM, R5 599,99, Hirsch's

Super convenient and versatile, the revolutionary four-in-one SolarDOM Lightwave oven combines conventional and microwave oven technologies, meaning grilling, baking, roasting and defrosting have never been so easy. Unique to LG, the SolarDOM Lightwave heating system cooks food up to four times faster than in conventional ovens.



REFRIGERATORS



7 Chef Collection Refrigerator, R80 000, Samsung

Inspired by the needs of the world's leading chefs, this fridge keeps even the most delicate ingredients at a precise temperature and has some innovative features, such as a fridge in the freezer section (which can be used to cool wine) and 30% more storage capacity than an average built-in, while maintaining the same exterior size.

8 LG Door-In-Door French Door Refrigerator, R21 749,99, Hirsch's

This model has an additional door to a fresh storage compartment mounted on the inside of the main door. As well as providing easier access to food and drinks used more frequently, the feature minimises cold air loss.



9 Side-by-Side Refrigerator, R9 999, Defy

This side-by-side refrigerator has NeoFrost technology for faster cooling and longer lasting fresh produce. An A+ energy efficiency rating, active odour filter and blue light technology make this a great choice.



COFFEE AND TEA



10 AEG Integrated Coffee Machine, R22 749,99, Hirsch's

Brew like a barista with this machine. It's built in to save counter space and makes a variety of beverages including espresso, cappuccino and hot chocolate. It also has an adjustable dispenser and milk frothing functions.



11 Philips Grind and Brew Coffee Maker, R2 399, Yuppiechef.com

Two compartments enable you to grind two different types of beans at the same time, together or separately. With strength settings and a presettable timer, a cuppa from this coffee maker is the perfect way to start your day.



12 Graef Variable Temperature Electric Kettle, R1 590, Yuppiechef.com

Need water hot, but not quite boiling? You can stop the kettle at one of the various temperature options, or let it boil fully to 100°C. This slickly designed kettle has a nifty little panel below the handle which tells you how hot the water is.



13 Lattissima Pro Coffee Machine, R7 500, Nespresso

This coffee maker boasts all the latest Nespresso technology for making coffee with frothed milk. This robust machine has top-of-the-line professional features, yet is conveniently sized for home use. At the push of a button, it can deliver seven different beverages, ready to drink, and even adjust the froth to your liking. ▷

WASHING MACHINES



14 WW9000 Washing Machine, R20 000, Samsung

Washing is quick and easy with this smart machine. Operated with a swipe of your finger or a smartphone, its full-width, dual-hinge door opens wider, making it easier to load and unload. The Auto Optimal Wash setting determines the best settings, including cycle, temperature and time, based on the size of the load, degree of dirt and soiling, and amount of water and detergent needed.



15 9kg Autowasher, R8 799, Defy

This washing machine has been designed to consistently achieve the finest washing results. As it only uses the required amounts of water, detergent and electricity, it saves you money.

SMALL APPLIANCES

16 Braun Multiquick 7 Hand Blender, R1 000, Hirsch's

The best thing about this blender, besides the fact that it's so powerful, is that it comes with a chopper and whisk attachment allowing you to do so much more. What's more, you'll never have to chop onions again – this hand blender does it all for you.



17 Kenwood Blend-X Pro, R2 849,99, Hirsch's

More than just a blender, this machine has patented MultiZone Blade Technology especially developed to blend, crush and chop ingredients with ease.



18 Krups Ice Cream and Sorbet Maker, R789, Yuppiechef.com

This semi-automatic ice cream machine with a pre-freezing system produces freshly made ice cream in 20 to 40 minutes, once the bowl's been in the freezer for 24 hours. Ideal for whipping up a dessert or keeping the kids happy on a hot afternoon.



19 Air Fryer Microwave Oven, R2 999, Defy

Prepare and cook crunchy meals without oil and turn frozen goods into delicious crispy food with this microwave. It generates hot air reaching 250°C and fries food directly. It also has a convection microwave and grills as well.

GADGETS



20 Legend Euro Chef 4 Egg Cup Poacher, R388,99, Hirsch's

Poach eggs to perfection with this nifty device. It has a four-cup non-stick removeable insert and the pan can be used to fry, boil or sauté food.



21 ADE Zoe Scale, R450, Kitchen Passion

Much more than just a scale, this gadget also functions as a clock, thermometer and timer. It folds flat or can be mounted on the wall to save space, but works on the counter as well. **GH**

SOURCES AEG aeg.co.za Braun braunhousehold.com/en-za Defy defy.co.za Hirsch's hirschs.co.za Kenwood kenwoodworld.com/en-za Kitchen Passion kitchenpassion.co.za Legend legend-sa.co.za LG lg.com/za Morphy Richards morphyrichards.co.za Nespresso nespresso.com/za/en Philips philips.co.za Samsung samsung.com/za SMEG smeg.co.za Yuppiechef.com yuppiechef.com

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TOP DRAWER

Optimise your drawer system with the Legrabox from Blum, available from Eclipse. The sleek design ensures there's a place for everything. It's available as a drawer, inner drawer, high-fronted pull-out or inner pull-out.

At just 12,8mm thick, the cabinet profile is stable enough to prevent sagging even when fully extended or loaded to the maximum carrying capacity of 70kg. And of course, Blum's motion technology makes for smooth opening and closing.



BY DESIGN

If you're keen to exercise your creativity, the UCAN range offers you the chance to customise your kitchen cupboards.

There's a wide variety of finishes to choose from as well as accessories such as handles and basket drawers. Especially practical is the slim pull-out kitchen larder that comes with adjustable racks and can be easily retro-fitted into an existing broom cupboard. Available from selected Game stores.



ALL IN *order*

Make your kitchen more efficient with these stylish ways to maximise storage space



TIGHT CORNER

Blum's ingenious Space Corner is the answer to that awkward corner cabinet. Its full extension runners allow for complete visibility of your stored goods at a glance as well as access to items placed at the back. With the option of a variety of heights and widths, the Space Corner can hold up to 50kg and still slide open effortlessly thanks to Blum's integrated Blumotion.

ALL IN ONE

Custom designed by The Kitchen Studio, this stylish lime-washed solid beech cabinet provides spacious shelving for those special occasion platters, cake stands and tea sets.

The unit's lower section features pull-out serving trays and solid beech butcher blocks which can be easily removed and reinserted after use. Two sets of open ventilated baskets with perforated stainless steel bases for vegetables, bread and other pantry items are the final addition to this comprehensive storage unit.



GREAT DIVIDE

Oppein's solid European Beech drawer divider has been designed to offer space for up to 26 plates by storing them in an upright position.

The handsome organiser provides nine additional compartments for bottles and containers. The width of the unit is 825mm and can be coordinated with Blum drawer systems. ▷

CORNER IT

The lazy Susan pull-out corner basket from Oppein is the answer to those awkward cupboard corners that often end up as dead space because they're so hard to reach. By means of a sophisticated soft-close runner system, the stainless steel storage baskets glide out as the cupboard door is opened.

Pots and dishes are easily accessed and can be stowed away just as conveniently. The system can be retro-fitted in spaces of up to 968mm wide and 570mm deep.



PERFECT FIT

Elfa's unique ventilated basket storage system is all about versatility. Using different sized baskets that slide into runner frames of varying heights and widths, the system can be customised to fit any space.

The white epoxy-coated baskets are available from selected Makro and Builders Warehouse stores as easy-to-assemble individual units or pre-packed kits.



SMALL AND SMART

Blum's Aventos HK-S lift system proves that no space is too small to be used effectively. The compact lift mechanism can work in cabinets that are as little as 170mm deep making those small spaces above a pantry unit or an appliance such as a microwave especially suitable.

By opening upwards, the cabinet door doesn't obstruct access to the storage space.



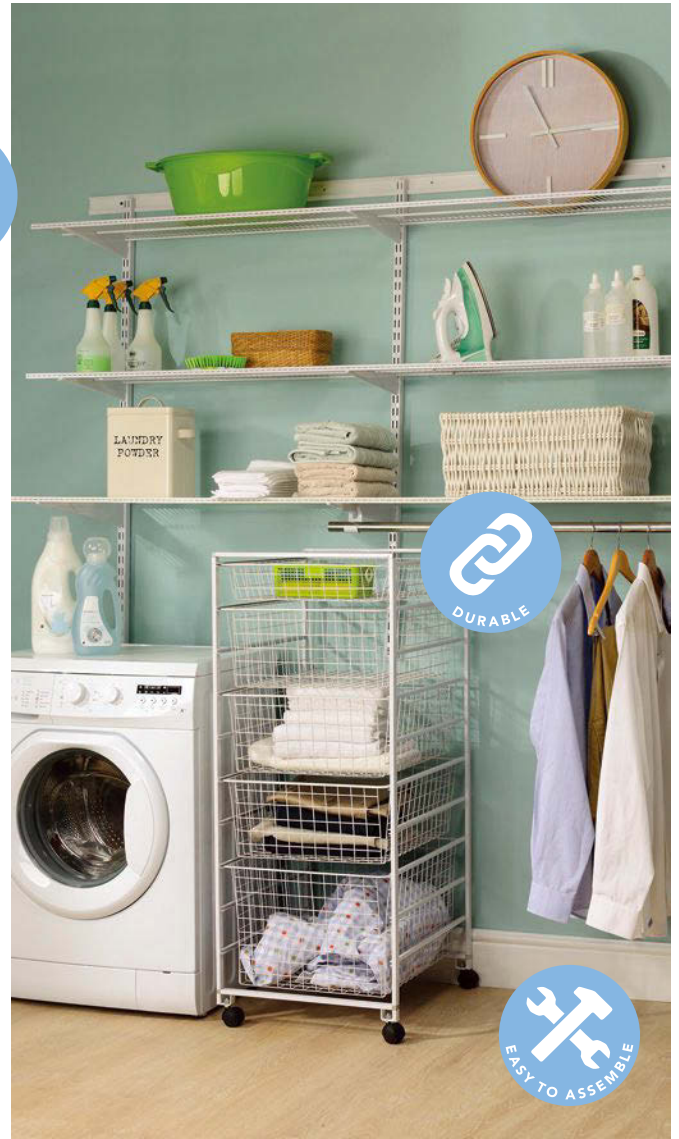
BIG EASY

At 925cm long and 475cm deep, Oppein's cutlery divider eliminates the frustration of rummaging around for utensils and cutlery by offering an overview with one slide. Designed to accommodate items of all shapes and sizes as well as a knife block, the divider is made from solid beech. **GN**

SOURCES Eclipse (local Blum distributor) eclipsegroup.co.za Elfa elfastorage.co.za Oppein oppeinhome.co.za The Kitchen Studio kitchenstudio.com UCAN ucandoit.co.za

SOLUTIONS

for your whole house



Finding it difficult to stay organised? The Elfa Storage Solution System consists of a wide range of frames with baskets and hanging rails with shelving, which can be combined in a multitude of ways to make the most of every bit of usable storage space.

A major benefit is that the system is specifically designed to adapt or expand to fit any space you need!

The unique ventilated Elfa units are crafted to the highest standards, using epoxy-coated high-grade steel that is strong, practical and stylish.

The units are easy to install and available as individual items or in pre-packed kits. **Let Elfa organise your life.**



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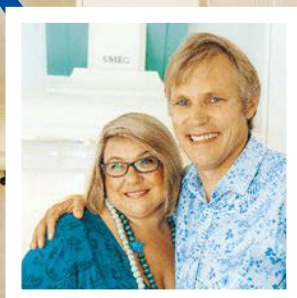


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inspiring before and after

Retro FIT



Adrian and Jeanine Steven looked to the past when they updated their Parkhurst, Jo'burg kitchen



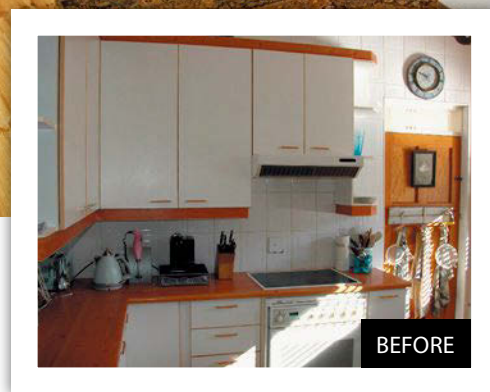
BEFORE





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“WHILE OUR KITCHEN WAS adequate, the floors were sinking, the basin was leaking and we had to replace the old galvanised pipes. Although it wasn’t small, the layout made it feel boxed in,” recalls Adrian Steven. “I love to cook so we took advantage of the repairs to do a full-on renovation and make it more in keeping with the style of the house.”

HOW THIS SPACE WENT FROM DRAB TO FAB The first step was to replace the plumbing and wiring. “Then, while the floor was removed, we created a wine cellar under the kitchen, which is a great use of dead space,” explains Adrian. The couple wanted a vintage look to tie in with their 1930’s Parkhurst home. The Oregon pine flooring, installed by

Rob’s Flooring, was the starting point. Then Picture Perfect Trading installed new traditional-style cabinetry which complemented the pressed ceilings. Once the chimney flue was opened up, an extractor fan was fitted and the stove relocated. “With load shedding, and city gas piped to our door, a gas stove makes perfect sense,” explains Adrian.

“NOW OUR KITCHEN IS not only light and bright, there’s plenty of space for my utensils and spices. It’s also lovely to look at and has really inspired me to spend more time cooking,” says Adrian. **GH**

SOURCES 5th Avenue Auctioneers 5thaveauctions.co.za **Block & Chisel** blockandchisel.co.za **Dulux** dulux.co.za **Picture Perfect Trading** pptrading.co.za **Rob’s Flooring** robsflooring.co.za **SMEG** smeg.co.za

THIS PAGE, LEFT TO RIGHT: ● Jeanine’s collection of turquoise accessories adds a splash of colour. ● The existing chandelier from Block & Chisel complements the new look. Jeanine found the rug at 5th Avenue Auctioneers.

OPPOSITE PAGE: A Smeg stove, fridge and extractor fan fit in perfectly with the vintage look. The chimney was painted Dulux Impressionist Sky to reflect their accessories.



Cupboard CHIC

Interior decorator Joanne Roelofs transforms an outdated pine storage unit into a stylish cabinet

WHAT YOU'LL NEED:

Screwdriver; 60-grit sandpaper; 100-grit sandpaper; sponge rollers; universal primer; wide paintbrushes; PVA paint in three colours: an accent colour for the shelves, and a darker and lighter shade of the colour of your choice for the exterior; Plascon Glazecoat matt; new cupboard handles and drawer pulls of your choice.

PREPARING AND PAINTING THE CUPBOARD:

1. Unscrew handles and knobs, and remove the storage baskets.
2. Sand down the entire unit using 60-grit sandpaper.
3. Sand down for a second time using 100-grit sandpaper. Remove any dust by



wiping down with a damp cloth.

4. Using a sponge roller, apply a coat of universal primer.
5. Leave to dry completely.
6. Using a wide paintbrush, paint the shelves the colour of your choice (Joanne used Plascon's Banffspring B25-4). Up to three coats may be needed for an even finish.

FOR THE CUPBOARD DOORS AND EXTERIOR DISTRESSED EFFECT:

1. Ask a carpenter to measure, make and fit doors that have inset panels of metal grid sheeting (Joanne found hers at a scrap yard).
2. Using a wide paintbrush, apply a generous coat of the darker colour of your choice to the exterior of the cupboard and the doors (Joanne used Plascon's Natural E16-4).
3. Leave to dry.
4. Paint the lighter shade over the darker using a sponge roller (Joanne used Plascon's Mayor E16-3).
5. Before the coat dries, take a clean dry paintbrush and dry brush the surface to reveal the darker paint beneath, removing the excess paint from the paintbrush as you progress.
6. Sand lightly with 100-grit sandpaper to achieve the distressed look. Depending on how worn you wish the item to look, steps 5 and 6 can be repeated.
7. Leave to dry thoroughly before sealing with the matt glaze coat.
8. Attach knobs to the cupboard doors and replace the drawer pulls with handles of your choice. **CEH**

SOURCES Joanne Roelofs 082 342 7379
Plascon 0860 204 060 or plascon.co.za





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Size from: 185x98x80

Winchester



From: R10,595 (fabric), R17,995 (leather)
Size from: 135x105x75

Caribbean



From: R4995 (fabric)
Size from: 170x90x80

Albany Dining Table



Price: R12,995 (Solid Oak)
Size: 75x100x240

Danni Dining



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(Rattan back)

Crossback Dining



Price: R895
natural, white, grey

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Price: R1895

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BRAVING THE *elements*

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with family, friends, and of course, nature



Landscaping and design by Deidre and Vanessa
Causton of Inspirations. Paint pot containers from
ESQUE. All other items from Inspirations.

COSY AND COMFORTABLE

Landscaper Deidre Causton (pictured) and architect Vanessa Causton of Inspirations share their tips on building a firepit:

- We chose a teardrop shape with a series of shallow steps that invite you in. However circular, square and rectangular designs also work well – choose the shape that suits the area.
- Be aware of drainage. As this one is sunken, we installed a base drain, but if your soil drains easily and you have a gravel floor like ours, this isn't necessary.
- Seats should be wide enough to comfortably accommodate cushions and allow for relaxed sitting, so we suggest 500–600mm for the width of the seat. The height of the seat back should be around 420–460mm. If you're going to add cushions, allow for this in your construction, otherwise the seat will be too high once the cushions are in place.
- Make sure lighting is directed onto the gravel floor rather than at eye level which can detract from the cosy glow of the fire. 



Pemba **scatter**, R150, Coricraft.



Art glass **vase**, R795, Weylandts.



Urban **lantern**, R150, Weylandts.



Indian wGrate iron **firepit**, R9 995, Weylandts.



Rails wooden **tray**, R395, Coricraft.



Brushed steel and wood **Aristo torch**, R1 220, Gardens & Roses.



Ray solar **bollard**, R229,95, The Lighting Warehouse.



Globe wire **pillar holder**, R395, Weylandts.



Jute steel **hurricane lamp**, R495, Coricraft.



Red Arborescens **scatter**, R695, Weylandts.



Wild Garden **scatter**, R119,99, Mr Price Home.



Digital-print aloe **scatter**, R119,99, Mr Price Home.



Contemporary **firepit**, R5 995, Weylandts.

SOURCES Coricraft 011 611 8700 or coricraft.co.za **ESQUE** 0860 037 783 or esque.co.za **Gardens & Roses** gnrsa.co.za **Inspirations** 011 646 0527 or info@inspirationsjhb.co.za **Mr Price Home** mrphome.com **The Lighting Warehouse** lightingwarehouse.co.za **Weylandts** 0860 103 400 or weylandts.co.za



cape town garden

THE *stream* GARDEN

Andrew and Sandy Ovenstone tamed nature when they established this oasis in their garden at Stellenberg, Cape Town

The clusters of palms, revealed when this area was cleared, were carefully preserved and trimmed to make the most of their wonderful old arching trunks which frame views of the rock-lined stream.

A photograph of a garden featuring a stone path leading through various plants. In the foreground, there are clumps of white flowers with long green leaves. The path is made of flat stones and is bordered by more greenery. In the background, there are large trees and a stone structure that looks like a bridge or a wall. The overall scene is very green and lush.

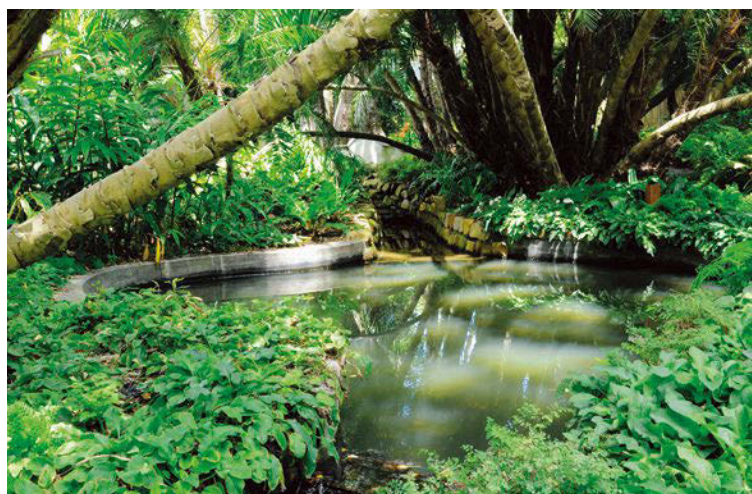
Who lives here

Andrew and Sandy Ovenstone.

The garden

A riverside area in the lower section of this historic garden in Kenilworth where large trees and lush plantings in shades of green and white were planted along the banks of the stream. ▷

Clump-forming renga-renga lilies and foxgloves line the steps leading to this replica of the old 19th-century bridge.



THIS PAGE, CLOCKWISE FROM LEFT: ● Flanked by the fine foliage of evergreen ferns, foxgloves flourish under the rough-hewn beauty of the trees and come into their prime in October and November. In summer they're replaced by *Galtonia candicans* and *Nicotiana sylvestris*. ● The pace of the water slows as it reaches the weir, which is at the heart of the garden, forming a quiet reflection pool. ● One of the crinums given to Sandy by the late Pam Barlow from the historic Schoongezicht Garden in Stellenbosch. ● Arums thrive when planted along the edges of streams and ponds.

When Andrew and Sandy Ovenstone moved into the family's Cape Dutch manor house 30 years ago, the garden consisted of sweeping lawns, lots of trees, mainly English oaks, some hydrangeas and shrubberies and a driveway lined with old koffiekliip stones.

Over the years Sandy has not only become a passionate and knowledgeable gardener, but with the help of designers like David Hicks and Franchesca Watson, has created a series of captivating themed gardens within in the main one.

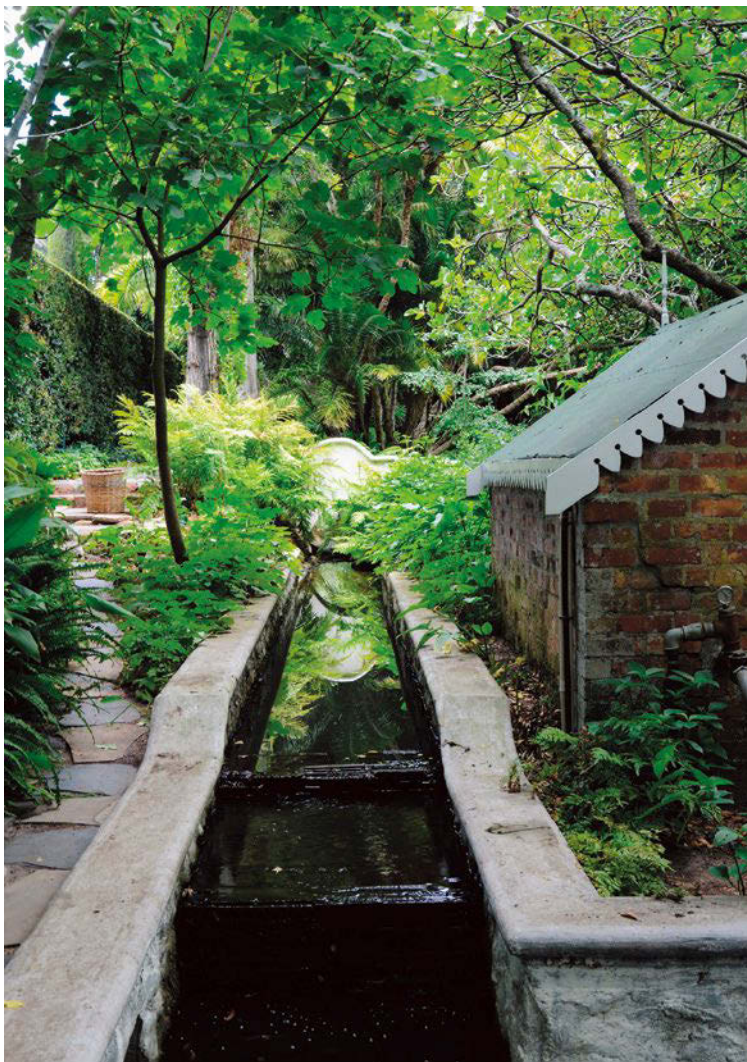
It was however Andrew's idea to clear the last 'wild' section of the garden through which a natural stream runs. "This area was a real jungle," recalls Sandy, "but we found the most wonderful clusters of mature palm trees, *Phoenix reclinata*." As these had been searching for sunlight for so many years, they'd developed dramatic, arching trunks, which in places almost touched the ground, creating the most amazing natural architecture.

Sandy has never been one for water gardens and initially had her reservations about the project. As it advanced and she recognised the structural value of the palms and saw how

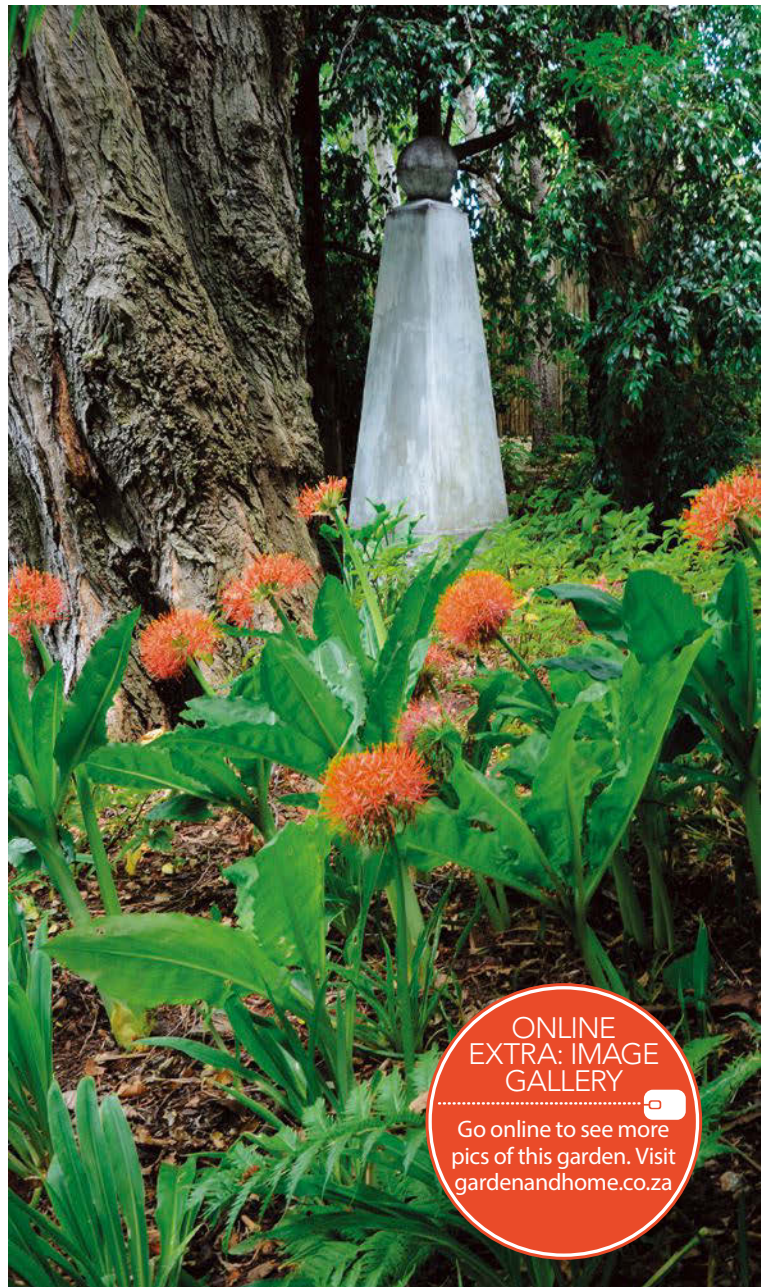
attractive the area was after the stream had been redirected, she became more enthusiastic.

To help them with the design, plant selection and practical and technical issues the Ovenstones enlisted the help of landscape architect Heimo Schulzer of Heimo Schulzer Gardens and garden designer Franchesca Watson. What concerned the designers most was the flow of water during the months of January, February and March when the natural flow is reduced to a trickle. To ensure there was a constant year-round flow, Heimo recommended building a reservoir so water could be circulated, using a pump, in the summer. To prevent water loss, the stream was lined with stones to make it look as natural as possible and then waterproofed. The reservoir and a weir both help control the water during periods of high flow as occasional flooding is also a problem in winter.

In its upper reaches the stream was redirected into a more natural, winding course. It flows into a reflection pond created when the area was excavated and dammed by the weir. This is the heart of the stream garden. The water then spills over



THIS PAGE, LEFT TO RIGHT: ● The stream flows down past this pretty old pump house on its way to the reservoir.
● This lime-washed obelisk was designed many years ago by David Hicks as a focal point for the end of the adjacent Vine Walk. Although Sandy restricts colours to green and white, an occasional splash of orange, like from these *Scadoxus katherinae*, is allowed.



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the wall of the weir and snakes its way in the rock-lined bed under one of several bridges into a straight rill with raised, whitewashed walls similar to those found in old Cape gardens.

After taking a 90° turn the stream flows past a delightful old pump house and on into the reservoir. An informal, circular path paved with black slasto, where one can wander through this shady garden leads up a narrow allée between a line of poplars on one side and tall hedge on the other, crosses the stream and meanders back down, past the old pump house to the reservoir.

As most of this section is in the shade, they had to source plants suited to the conditions. Sandy's taste has changed over the years and green is now the most important colour in her garden. "It's gentler and more peaceful and perhaps it's all part of getting older," she muses. This change is demonstrated in the evergreens in the stream garden, in particular its swathes

of different ferns, sourced by the Stellenberg Gardens Nursery. White-flowered plants like the renga-renga lily (*Arthropodium cirratum*), arum lilies, *Haemanthus albiflos*, streptocarpus, spider lily (hymenocallis) and the herb comfrey, which has become quite a talking point, light up some areas. In others, selective pruning has resulted in pockets with more sun for seasonal plantings of white foxgloves, the indigenous summer hyacinth, *Galtonia candicans* and *Nicotiana sylvestris*.

"The stream garden is an ongoing project," says Sandy, adding that they've just acquired a subdivision of a property below the reservoir and the stream will continue into this area. It will be a wet but sunny area and Sandy's vision is to reintroduce the plants which British astronomer and amateur botanist Sir John Herschel and Lady Herschel saw there in the 1830s. 

SOURCES Francesca Watson 082 808 1287 or francesca@iafrica.com Heimo Schulzer Gardens 021 702 3616, info@hsgardens.co.za or hsgardens.co.za Stellenberg Gardens Nursery 021 761 2948



Popular in English and Mediterranean gardens gravel makes a hard-wearing groundcover and an attractive alternative to grass. It can be used for pathways, outdoor sitting areas and under trees where grass and other plants won't grow. If you choose the right colour and size, gravel can also enhance the look of your garden.

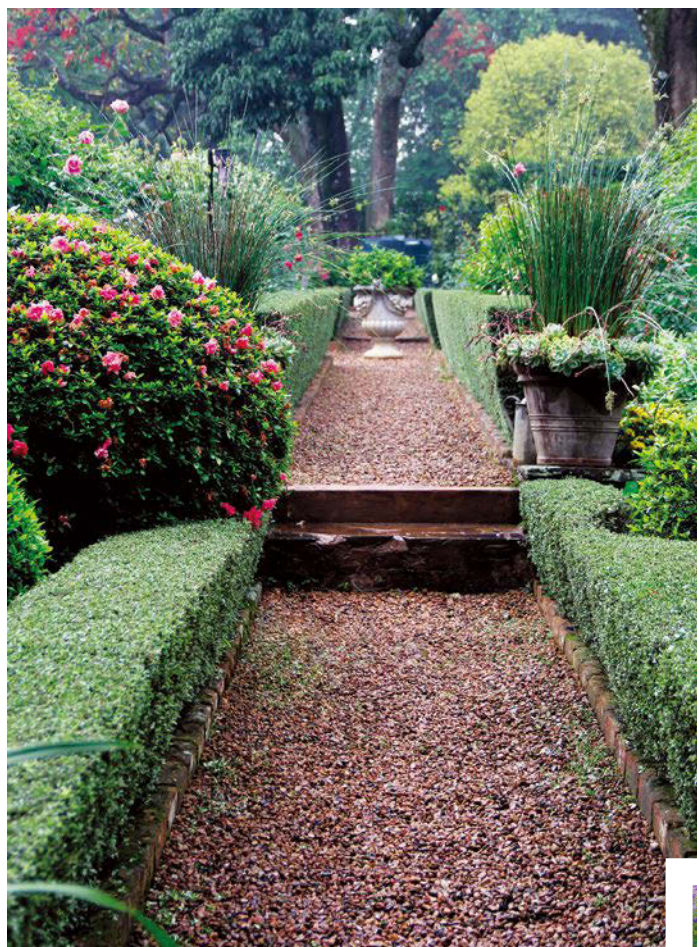
THIS PAGE, CLOCKWISE FROM LEFT:

● Use gravel in kitchen gardens or potagers like in this one at Stellenberg Gardens in Cape Town. ● At Morrells Boutique Estate in Jo'burg, gravel around this fountain gives an instant French feel. ● Create interest in gravelled areas with pots overflowing with flowering plants such as isotoma, alyssum, felicia and lobelia.



Gardening WITH GRAVEL

If you want to make your garden more interesting, water wise and low maintenance, look no further than gravel



GOOD REASONS TO USE GRAVEL

- It creates a neat-looking groundcover.
- It reduces water evaporation.
- As it crunches underfoot, it alerts you to anyone approaching.
- It minimises soil erosion.
- Weeds are suppressed.
- As gravel allows water to penetrate the soil, it's more eco-friendly than paving which promotes run-off.

CHOOSING THE RIGHT TYPE

Gravel comes in different sizes and colours. Keep in mind that the finer the gravel the more comfortable it is to walk on. From the wide range of colours choose one that complements the colour of your house and other hard landscaping and is in keeping with the style of your garden. For instance, black stones are more suited to contemporary styles while a cream crush is ideal for a French-style garden.

HOW TO LAY GRAVEL

- According to Cobus Behrens of Down2Earth Garden Creations, whether it's a pathway, garden or sitting area, levelling and compacting the area first is crucial.
- Plant borders and beds surrounding gravelled areas before spreading the gravel so that you don't end up with soil on top of it as this promotes the growth of weeds. If you have to replace plants in beds later on, cover the gravel with plastic first to prevent soil build-up in the gravel.
- Place a weed-suppressing fabric like Coolaroo Weedmat on

top of the soil to stop weeds growing through. This fabric comes in strips or rolls, usually 90cm wide, so overlap the pieces by at least 3–5cm when covering the area. If weeds grow through, don't use chemical weed killers as they leach into the soil, killing surrounding plants and wildlife.

- "Laying gravel is simple. Spread an 8–10cm layer of gravel directly on top of the weed cloth. Four to five 20kg bags will cover 1m²; 1m³ of gravel will cover approximately 10m²," says Cobus.
- If the gravelled area adjoins a lawn, install an edging to prevent the stones working their way into the grass and damaging the lawnmower. ▷

THIS PAGE, CLOCKWISE FROM TOP LEFT: ● Hard-wearing gravel is excellent for pathways. This one in the Pietermaritzburg garden of Wiida and Erik Badenhorst is lined with serissa hedges.

● Be inspired by this section of the garden at The Cellars-Hohenort in Cape Town where oversized pots are planted with lemon trees.

● For a natural English-style look allow plants to cascade over a gravel pathway. Suitable plants are nasturtiums, lady's mantle and catmint.

GARDEN STYLES

Gravel can also be used as the starting point for a number of garden styles.

FRENCH

Gravel is perfect for this romantic style. Use it for a patio under a pergola or for pathways.

Plant partners: Lavender, gaura, rosemary, cotton lavender, low-growing landscape roses and bergenia.

ENGLISH

Think wide borders with a profusion of mound-forming plants cascading over gravel paths.

Plant partners: Catmint, lavender, gaura, gaillardia, lamb's ears, irises, agapanthus and dierama.


ALPINE

Traditionally grown in raised beds, Alpine gardens consist of tough, drought-resistant, high-altitude plants. Use very fine gravel in a cement or stone container on legs.

Plant partners: Miniature dianthus species, gazania, Cape daisy, vygies, *Armeria maritima*, Irish moss, echeveria and crassula species.

SUCCULENT

For a low-maintenance, water-wise option, remove the lawn and replace it with gravel and succulents. Once you've decided where the plants will go, cut small crosses in the weed cloth and insert the plants. Push the weed cloth back over the soil, up against the stem of each plant. Then cover the area with gravel.

Plant partners: Small aloe species, agave, sempervivum, cotyledon, senecio and vygies. 



THIS PAGE, FROM LEFT TO RIGHT: ● This raised, water-wise bed combines hardy alpine plants and succulents. ● To make gravel easier to walk on, insert pavers. Then plant herbs like thyme and oregano in between.

SOURCES Coolaroo coolaroo.co.za Down2Earth Garden Creations d2e.co.za Morrells Boutique Estate morrells.co.za Stellenberg Gardens stellenberggardens.co.za The Cellars-Hohenort cellars-hohenort.com



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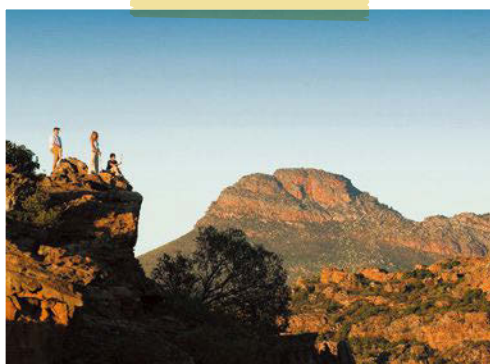
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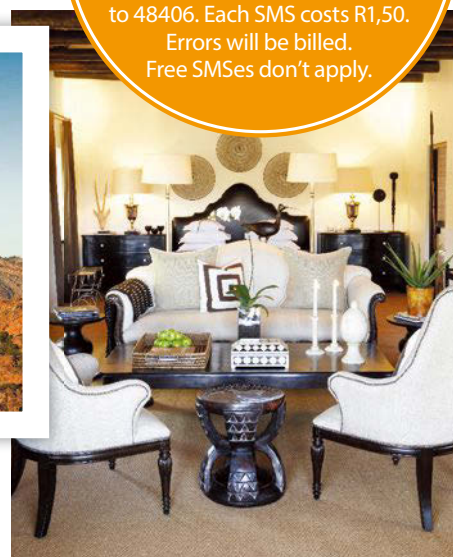
During your two-night getaway, you and a partner will relax in one of the indulgently comfortable Deluxe suites. Your days will be filled with exciting nature drives, outdoor excursions, cultural experiences and wildlife sightings.

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for the rare mountain zebra, which roams freely across the reserve.

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Two lucky readers will each win a two-night stay for two people sharing a room


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TERMS AND CONDITIONS: 1. The first two correctly completed entries to be drawn will win the prizes. 2. The judges' decision is final and no correspondence will be entered into. 3. Each prize includes a two-night stay for two people sharing a Deluxe room at Bushmans Kloof Wilderness Reserve & Wellness Retreat. Included are all meals, daily nature drives and rock art excursions. 4. Lunch is not included on the day of arrival and departure. Any extra costs incurred such as transfers, beverages, telephone and laundry, curios and all additional expenses not mentioned will be for the winners' own account. 5. The prizes aren't transferable or resaleable, and can't be exchanged for cash. 6. Employees of Bushmans Kloof Wilderness Reserve & Wellness Retreat, CTP Caxton, their advertising agencies and immediate families may not enter the competition. 7. Entries close on 31 May 2015. 8. The competition is only open to South African residents over the age of 18. 9. The winners will be notified telephonically and their names posted on our website. 10. To comply with the Consumer Protection Act, postal entries will no longer be allowed and the winners will be required to supply their ID numbers. 11. E-mail addresses are not mandatory. 12. This prize is valid Sunday – Thursday from 1 June – 30 November 2015.



SAGE

advice

Whether you're a passionate collector or an easygoing gardener, these stalwarts provide year-round colour

Salvias, often referred to as sages, are charming plants with tall spires of flowers. They come in annual, perennial, biennial and shrub form, and with over 900 to choose from, you're sure to find a couple to suit your garden. They hybridise easily so fabulous new varieties are released annually. Many have stunning flowers, some of which are bright and flamboyant, while others are pretty and dainty and so prolific they cover the plant. Plus many feature eye-catching foliage.

6 GOOD REASONS TO PLANT SALVIAS

- While many salvias flower all year round, others come into their own in autumn and winter when there's little colour in the garden. Many also have colourful bracts which extend the flowering season.
- Propagation is easy. Annual salvias are quick to grow from seed while perennials can be divided and shrubby types grown from slips and cuttings.
- They're available in colours to suit all gardens, from striking pink and mauve and white to opulent red, stunning orange and yellow as well as vivid blue.
- They're fast growing and often aromatic.
- They attract birds, bees and myriad of insects to the garden.
- Many, particularly our South African species and those from Mexico like *S. greggii* are drought tolerant so are suitable for water-wise gardens.

GROWING TIPS

- All salvias need good drainage to flourish, especially in areas with clay soils or where the soil becomes cold and wet in winter.
- They'll grow in poor, sandy soil but adding compost in the planting hole and keeping them mulched and fed produces the best results. Many like alkaline soil.
- Most salvias prefer full sun but a number will take partial shade.
- Check their frost tolerance as some are harder than others.

LEFT: Here a tall purple hybrid at the back of the bed offsets the more compact striking pink *S. greggii* in the foreground. Salvias are grown for their spires of delightful hooded, tubular two-lipped flowers.



1



2

growing **salvias**

TOP CHOICES

SMALLER VARIETIES

Like many salvias these dainty species hybridise freely which has resulted in a plethora of new and rewarding cultivars, many being crosses between central American *S. greggii* and *S. microphylla* which look very similar. However the former has narrow, smooth-margined leaves, the latter serrated leaves.

1 *SALVIA MICROPHYLLA* 'CERRO PATOSÍ'

S. microphylla has a branching bushy habit and fragrant leaves. It flowers from late spring into autumn. Height: 90–1m.

Growing tips: Grow it in full sun or semi-shade; it's drought tolerant and fairly frost tolerant. Deadheading improves flowering. Remove old woody stems at ground level; propagate it from cuttings and rooted sections.

2 *SALVIA X JAMENSIS* 'MELEŃ'

A natural hybrid (a cross between *S. greggii* and *S. microphylla*) from Mexico, this new evergreen shrub with its aromatic foliage produces masses of delightful pale-yellow to salmon-pink flowers which emerge from chocolate-brown buds from early summer into autumn. Height: 60–75cm.

Growing tips: It likes sun, is hardy and has fairly low water needs.

3 *SALVIA MICROPHYLLA* 'HOT LIPS' is grown for its delightful bicoloured flowers which can turn solid red or white in hot weather; aromatic foliage adds to its charm. Often confused with *S. greggii*, this bushy subshrub flowers profusely from summer tailing off in winter. Height: 30cm–1m.



3



4

Growing tips: It prefers full to half-day sun and well-drained loamy soil. Relatively drought and fairly frost tolerant, it's also good in containers. Trim it regularly and cut back old, dead woody growth. Propagate it from cuttings.

ANNUALS

4 *SALVIA REDDY* 'WHITE SURPRISE'

This newly released range of dwarf salvias from Ball Straathof makes a bold statement as a bedding and container plant and along the edge of a border. Other unusual colour combos are 'Scarlet Bicolour' and the 'Nero Mix' of plum,



5

white and lavender. Height: 20–25cm.

Growing tip: It loves sun.

5 *SALVIA COCCINEA* (TROPICAL SAGE)

This popular bushy salvia often seeds itself making it a good choice for meadow and cottage gardens. It flowers from early summer through to winter; in warm regions it behaves as a perennial. Look out for 'Lady in Red' (pictured), white 'Snow Nymph', the red 'Forest Fire' and 'Coral Nymph'. Height: 60cm–1m.

Growing tips: Rejuvenate it in spring with a severe pruning. Deadheading improves flowering. Frost tender, it relishes full sun, good soil, some feeding and is not overly thirsty. ▷



6

FOR WINTER

6 *SALVIA GESNERIIFLORA* 'TEQUILA SALVIA'

Flowering from winter well into early summer, this large, striking salvia is treasured for the contrast between its stunning scarlet flowers, black calyx and stems and its large heart-shaped green leaves. Height: 2–4m.

Growing tips: It loves sun, needs space to grow, protection from wind and moderate watering. It's half hardy. Take cuttings in mid spring to early summer. Trim to keep tidy; prune hard after flowering.

FOR SUMMER

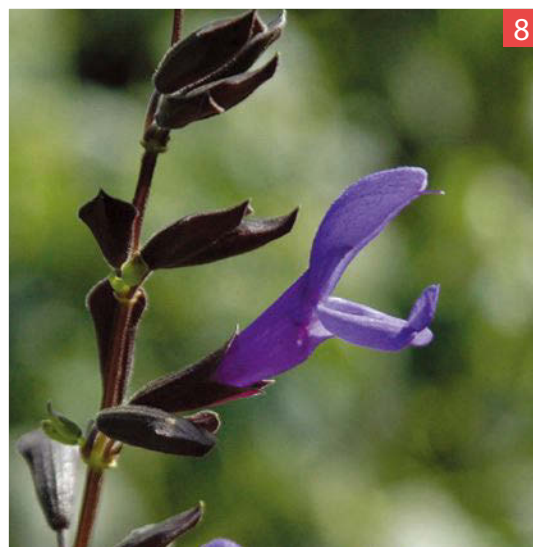
7 *SALVIA MICROPHYLLA* 'PERU BLUE'

The vibrant gentian-blue flowers alone make this salvia worth growing. It's a woody-based perennial that spreads by means of underground stolons to form bold clumps which show off its big, velvety leaves. It flowers from spring to autumn. 'Callie' is more upright with maroon on the underside of the leaves. Height: 60m.

Growing tips: It responds well to good, composted soil. Cut back after flowering or in spring in frost zones. It's semi-hardy and sprouts from the base if frosted.



7



8

8 *SALVIA GUARANITICA* 'BLACK AND BLUE'

This is just one of several guaranitica cultivars worth growing. They all have handsome, bold spikes of flowers but it's the intense deep-cobalt blue of this one which is really appealing. The foliage has a slight anise aroma and it flowers almost non-stop from late spring well into autumn or the first frosts. Height: 1m.

Growing tips: It's best in sun, as it can become leggy in shade. Cut back in winter or early spring in frost zones. It's quick and easy to grow from cuttings, is dormant in cold winters and regrows from smallish tubers.

9 *SALVIA OXYPHORA* (FUZZY BOLIVIAN SAGE)

There are several bushy salvias with cheerful pink flowers but this one with its

DID YOU KNOW?

The name salvia comes from the Latin *salvere* meaning to heal, feel healthy or save. It's thought to be a reference to the culinary salvia, *S. officinalis*, although many of our indigenous salvias also have healing properties.



9

dense clusters of fuzzy, deep-cerise or hot-pink flowers is a winner. It flowers from summer into winter. Height: 1–1,5m.

Growing tips: Although heat tolerant, it's frost tender and thirsty. It prefers well-drained, humus-rich soil in sun or semi-shade. As it grows from underground stolons it doesn't like to be confined so isn't suitable for containers. Take cuttings in spring and autumn. Trim to keep compact and tidy. **GMH**

SOURCES Ball Straathof ballstraathof.co.za

Where to buy salvias: Bristlecone

Nursery 012 207 9904, 083 710 8125, 073 791 3733 or info@bristlecone.co.za

Klein Optenhorst 021 864 1210 or jenny.ferreira01@gmail.com Mountain

Herb Estate 082 924 3076 Petal Faire 082 482 0257 or leone@petalfaire.co.za

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Creative solutions

We chatted to a couple of top local landscapers about how they solved some common gardening problems

THE PROBLEM: A LONG NARROW PASSAGE BETWEEN THE HOUSE AND BOUNDARY WALL

A common feature in many properties, these alleyways usually experience shade and extreme temperatures which make gardening difficult. This was the situation at the entrance to this property in Parktown North, Johannesburg. “As it’s the first thing that visitors see when entering and is overlooked by all the bedrooms, it was essential to make this area more welcoming and attractive,” says Craig de Necker of The Friendly Plant.

THE SOLUTION: Craig used the existing raised bed as a herb garden and planted plenty of greenery on both levels

to soften the harshness of the walls as well as bring in colour. “We introduced a curving flagstone pathway to lead the eye through the garden and draw attention away from the narrowness of the area.”

He incorporated hardy plants in a variety of textures to create a lush effect including assorted rose bushes, spiky tulbaghia, *Acorus gramineus* ‘Golden Edge’, low-growing *Viola hederacea* and golden *Duranta* ‘Sheena’s Gold’.

The pavers are interplanted with *Mentha requienii* which gives off a lovely fresh scent when stepped on. Tickey creeper (*Ficus pumila*) is rapidly covering the walls minimising their looming effect.

BEFORE



THE RESULT: An inviting entrance that looks good all year round.

SOURCE The Friendly Plant 082 805 0910 or thefriendlyplant.co.za



THE PROBLEM: A HOT, DRY COURTYARD

The paved courtyard around which this Cape Town house was built reflected heat and an unpleasant glare into the surrounding rooms. “We also wanted something lush and fresh to look at,” recall the owners who called in Petro Jacobs of Petro Landscaping to help them achieve this.

THE SOLUTION: “The first step was to lift the paving. As the soil underneath was not only poor but compacted, we removed and replaced it with organically enriched topsoil,” says Petro. “Then we planted leopard trees (*Caesalpinia ferrea*). I like using these in contemporary courtyards as they don’t grow too big and as the roots aren’t very invasive, they can be planted near walls.”

She divided the area with a curving

cobbled edging and planted shade-loving LM (Berea) lawn in one section. In the other she used evergreens for year-round beauty. *Viburnum compacta* creates a formal hedge against the rear wall and texture is introduced with cycads and ornamental grasses such as *Carex* ‘Frosted Curls’ and *Ophiopogon* ‘Jaburan’ and ‘Kyoto’.

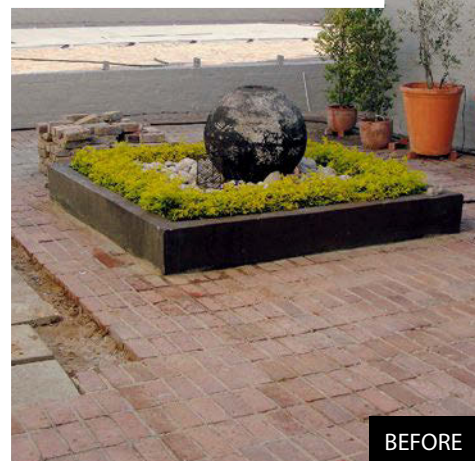
Clipped *Duranta* ‘Sheena’s Gold’ in pots adds interest against a wall. To disguise a drain, Petro placed large stones from Indonesia over it which also enhance the calm, contemporary look.

THE RESULT: A cool green, refreshing oasis. ▸

SOURCE Petro Landscaping 084 567 8890 or petrolandscaping.co.za



BEFORE



BEFORE



BEFORE

THE PROBLEM: A SHADY AREA WHERE LAWN AND PLANTS WON'T GROW

As the shade from the large oak trees in the corner of this Westcliff garden meant that nothing would grow there, the owners asked Neville Orsmond of Create a Landscape to come up with a plan to change it into a space suitable for both entertaining and relaxing.

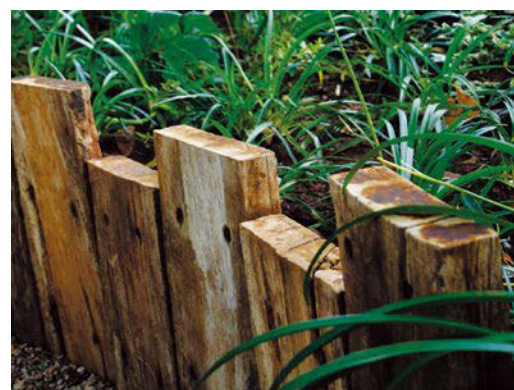
THE SOLUTION: "To turn this into a secluded sitting spot, we left the oak trees in place and planted

Pittosporum tenuifolium on the perimeter to create an intimate atmosphere," explains Neville. The ground under the trees was levelled and covered with gravel while the bases of the trees were surrounded

by concrete collars to protect the trees' exposed roots.

Neville designed a natural stone pathway which winds towards the sitting area through beds of shade-loving plants that include *Lamium* 'Pink Pearls' which has eye-catching variegated leaves and pretty pink flowers, leather-leaf ferns (*Rumohra adiantiformis*) and *Asparagus densiflorus* 'Meyersii' ferns.

For seasonal colour he planted arums, azaleas, hydrangeas, erigeron and fuchsias. To add interest and lift the plants to eye



level, he built a raised bed with wooden sleepers in which agapanthus and *Plectranthus madagascariensis* are planted.

THE RESULT: A cool sitting nook that is now a feature in its own right.

SOURCE Create a Landscape 082 319 6033 or createalandscape.co.za



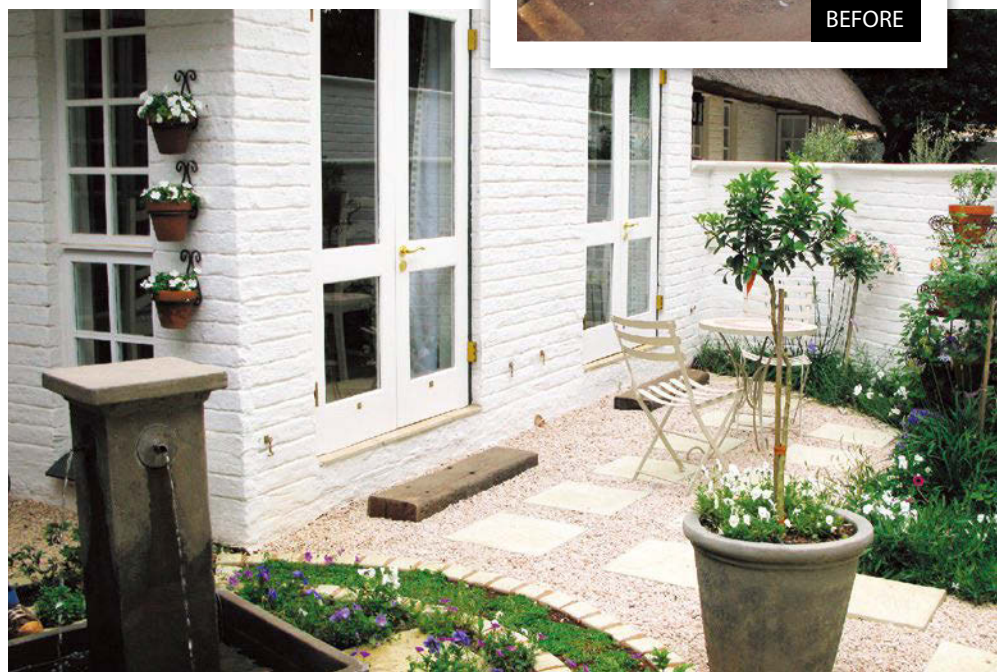
THE PROBLEM: A DAMP AREA WITH DRAINAGE PROBLEMS ADJOINING THE KITCHEN

The courtyard off the kitchen and dining room of this home in Athol, Johannesburg, was originally paved and excess water tended to accumulate resulting in waterlogged soil in the surrounding areas. As the homeowners wanted a pretty, French-style courtyard where they could grow herbs and enjoy a cup of tea, they called on Felicity Teixeira of Blue Petal Garden Design to help them out.

THE SOLUTION: “We removed the paving, repaired the waterproofing and then introduced a permeable gravel floor in some areas, retained by cobbled edging, to allow the water to drain,” says Felicity. “It was also in keeping with the French look we were after.”

She then designed a circular herb and flower garden and placed a small concrete water feature in the centre to add soothing sounds.

For scent underfoot, she planted *Mentha requienii* in between the pavers around the water feature and brought in mandarins underplanted with pansies in



pots to lend a Provençal feel.

The planting was kept simple and low maintenance with dainty white and blue agapanthus, white *Gaura lindheimeri* and delicate *Freylinia tropica* and westringia standards for vertical interest. Annuals

are added for seasonal colour. “The idea is that as they self-seed, they’ll grow through the gravel floor,” explains Felicity.

THE RESULT: A charming courtyard and a lovely outlook from both kitchen and dining room. **CEH**

SOURCE Blue Petal Garden Design 072 380 3033 or bluepetal.co.za

LOCAL talent



Going indigenous doesn't have to mean going wild – there are loads of South African plants suitable for all styles of gardens



TROPICAL PARADISE

These lush and leafy gardens need plenty of interesting foliage. Introduce winding paths that lead to hidden sitting areas. Use timber decking and highlight leaves with dramatic lighting.

Go local

1 Crane flower (*Strelitzia reginae*)
One of our indigenous gems, this strong, tough plant grows up to 1,5m tall. Mature plants can be divided in autumn, but clumps should be around 60cm in diameter after division and might only flower again in 2–3 years. It likes a spot in semi-shade.

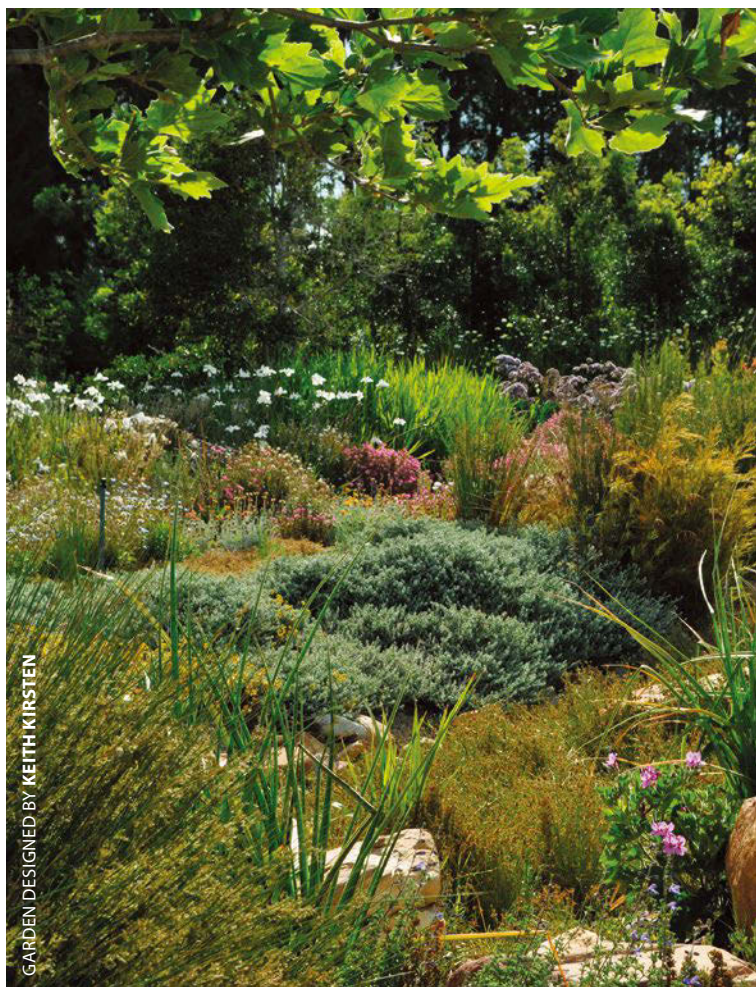
2 Pineapple lily (*Eucomis autumnalis*)
Named for its pineapple-like flowers, this plant is dormant in winter and spring and flowers in late summer and autumn. It prefers fertile soil and can take both sun and semi-shade.

3 Arum lily (*Zantedeschia* spp.)
The common arum is evergreen and flowers from August to January. It thrives in a boggy position, close to the edge of a pond in sun or semi-shade. There are smaller hybrids which include the pink *Z. rehmannii* (pictured) and varieties with yellow, cream, lavender and even 'black' flowers and some

feature spotted leaves. These hybrids are dormant in winter.

4 Bush lily (*Clivia miniata*)
Plant in the shade in well-drained, slightly acidic soil; water deeply once or twice a week. Treat the dreaded lily borer by spraying regularly with Margaret Roberts Biological Caterpillar Insecticide.

5 Bloodroot (*Wachendorfia thyrsiflora*)
These tall plants with sword-shaped leaves and elegant yellow flower spikes do well close to water as they prefer wet feet. Plant them at the back of a pond.



MEADOW STYLE

Inspired by the prairies of America, this trendy garden style combines grasses and flowering plants that develop interesting seedheads for year-round interest. For the best effect, plant in large swathes rather than dotting plants around.

Go local

1 Red-hot poker (*Kniphofia* spp.) There are two species – one summer flowering the other winter flowering; plant both so that you'll always have flowers. There are orange and yellow hybrids and they like full sun and well-drained soil.

2 Cape thatching reed (*Elegia tectorum*) As it grows in most soils and has pretty reddish brown seedheads, this is one of the most popular restios. Plant it in full sun to semi-shade in any soil, and as it's tall and forms big clumps, give it space and don't cut it back. Water well in summer and don't lift the corms.

3 Lion's ear (*Leonotis leonurus*) A magnet for sunbirds, this tall plant has clusters of orange, apricot and white tubular flowers. It's tough and drought resistant, but prone to powdery mildew if planted in shade and semi-shade.

4 Hairbells (*Dierama* spp.) This dainty grass-like plant bears slender spikes of bell flowers that sway gently in the wind. They look spectacular planted en masse in a meadow. In some gardens, they become dormant in winter and appear again in spring. They like full sun and can take all types of soil.

5 Falling stars (*Crocasmia aurea*) This slender bulbous plant with strappy leaves and star-like orange flowers looks good planted in groups in a sunny position. Plant the bulbs in spring so they'll flower in summer. ▷



ENGLISH COUNTRY

Typical of English country gardens are mixed borders overflowing with flowering shrubs, perennials and annuals. Offsetting this profusion are features like arches, benches and birdbaths.

Go local

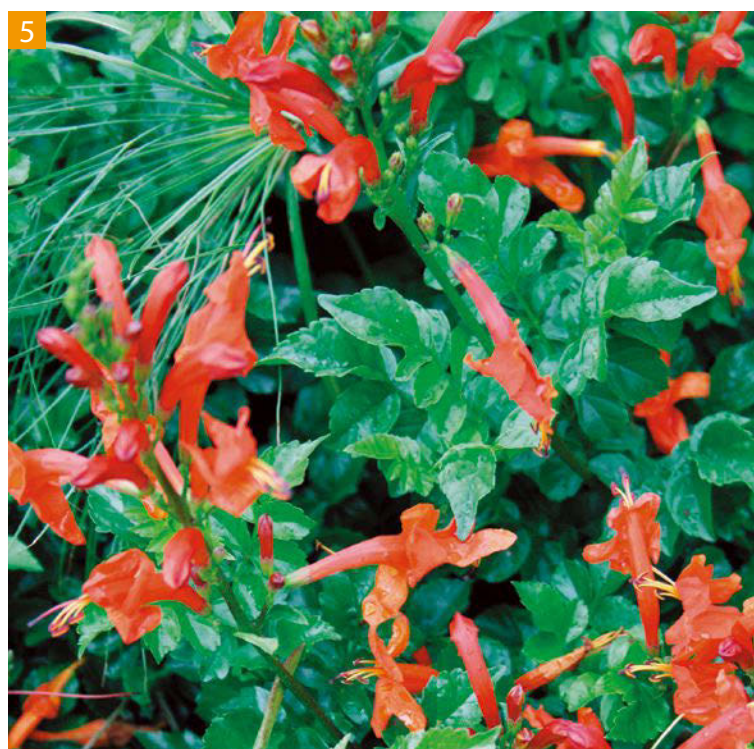
1 **Pincushion** (*Scabiosa africana*) This medium-high, butterfly-attracting perennial forms clumps and likes full sun and well-drained soil. New hybrids include 'Pink Mist' (pictured) and a blue version, 'Butterfly Blue'. They both flower from spring to autumn.

2 **Nemesia** (*Nemesia fruticans*) These cheerful fragrant annuals, including the 'Sunsatia' range (pictured) add bright colour to the mixed border. Deadhead the plants regularly to encourage flowering. Plant them in a sunny position in drifts of single colours.

3 **Bugle lily** (*Watsonia* spp.) Sun-loving watsonias develop long spikes of flowers in pink, apricot and orange. They make good accent plants and need space to fill out, which they do in the first 2–3 years. They mainly flower in spring, but produce only a few flowers in summer and autumn.

4 **Cape fuchsia** (*Phygelius capensis*) These dainty-looking perennials have showy bell-shaped flowers in summer. Cut them back by half in early spring to promote vigorous growth and feed monthly with organic fertiliser. They're frost hardy and like full sun.

5 **Cape daisy** (*Osteospermum* spp.) There are many beautiful hybrids of this daisy and 'Serenity Magic Orange' (pictured) is one of the latest. They're low growing and look good at the front of a mixed border. They like full sun and well-drained soil.



ITALIAN FORMALITY

This classic garden style features hedges and gravelled or paved pathways in a geometric design. Rectangular ponds, fountains, ornate urns as well as topiary are common characteristics.

Go local

1 Bush violet (*Barleria obtusa*)

The bush violet is a versatile herbaceous perennial. It can be trimmed into a neat hedge or left to produce purple, blue, pink (pictured) or white flowers in autumn. It can be planted in sun or semi-shade.

2 Cape leadwort (*Plumbago auriculata*)

This plant makes a lovely hedge as it grows quickly and is drought and disease

resistant. While it thrives in both full sun and semi-shade in most soils, it can be affected by frost.

3 Blue honeybell bush (*Freylinia tropica*)


This tough shrub has tiny bell-shaped flowers that attract sunbirds, butterflies and carpenter and bumble bees. It's the perfect plant for topiary and hedges as the small leaves grow back quickly after trimming. It's both disease and drought resistant.

4 African dogwood (*Rhamnus prinoides*)

This dense evergreen shrub can grow up to 4,5m high, but can be clipped into low and medium hedges. It has dense, shiny foliage,

bears small white flowers in summer and berries in autumn and winter. Birds love the berries. It's frost resistant and loves moist soil.

5 Cape honeysuckle (*Tecoma capensis*)

This fast-growing shrub including 'Coccinea' (pictured) can be trimmed into a tall hedge up to 2m high. Allow it to flower from time to time before trimming, as it attracts sunbirds and butterflies. It's deciduous in colder regions. Plant in full sun or semi-shade and protect from frost when young. 

SOURCES Indigo Landscapes

indigo-landscapes.co.za **Keith Kirsten**

Horticulture International keithkirsten.com

GARDEN notes

Plant a beautiful berry-bearing shrub now for next year and get ready to protect your frost-tender plants

10 must dos this month

Contributing garden editor Marianne Alexander's handy checklist of essential chores to do in May



1 Plant mail-order tulips as soon as you receive them. Buy lily bulbs; select those with firm, plump scales and free of mould. Don't let them dry out if you're not planting them out immediately, or start them off in small containers. Foliar feed spring bulbs which have sprouted.



Plectranthus 'James'

2 Cut back plectranthus that have finished flowering to encourage new shoots and dense growth; wait until spring in colder areas. Use the pieces you've trimmed off to propagate new plants to replace poor performers and old plants.

3 Feed bulbs and bedding plants; the latter can still be planted in beds and pots. Plant seeds of sweet peas in frosty regions now so they'll flower after the frost.

4 Aloes and succulents will put on a better display if boosted with a general fertiliser like 2:3:2 or 2:3:4. They'll also respond well with a little extra water in dry areas and in the Western Cape.

5 Plant new trees and stake correctly. Stakes should reach about two thirds of the way up the trunk. Two, three or even four, evenly placed, will keep the tree stable but also allow some lateral movement which will encourage the trunk to thicken. Tie with loops in a figure of eight; flexible bicycle tubes make good ties.

TIP: To ensure water reaches the roots of new trees especially in dry regions, position a 20–30mm diameter pipe on the side of the hole with its base resting on a small pile of stones at the bottom and the top projecting just above the surrounding soil. When watering, fill the basin around the tree then pour water down the pipe.

6 Protect plants during cold snaps, mulch well – bales of straw from a pet shop are ideal – cover plants with fleece, teepees of straw or cane, hessian or even old cardboard boxes. Remove these during the day to allow air to circulate freely and plants to get sufficient sun.

7 Prepare trees and shrubs you intend moving in winter by digging a trench around one side; do the same on the other sides over the following weeks.

8 Lift summer bulbs like dahlias and gladioli where drainage is poor or winters very cold. Store dahlias in sand or vermiculite; allow gladioli to dry out and store in mesh or paper bags. Dust both with Flowers of Sulphur. Divide clumps of overcrowded bulbous plants like dietes and dierama (harebells).

9 Adjust your irrigation system. In winter rainfall areas water less frequently. In summer rainfall areas water Mediterranean plants which are accustomed to rain in winter.

10 Feed lawns with a high-potash fertiliser like 3:1:5. In frost areas, oversow with winter-growing grasses like All Seasons Evergreen or similar cold-season grass seed. Never mow these grasses shorter than 50–60mm or remove more than a third of the leaf at a time.



Show off your pot plants on these METAL RACKS

1. Three-rack Lotus, R380, Lifestyle Home Garden, lifestyle.co.za
2. Three-shelf medium, R900, Lifestyle Home Garden, lifestyle.co.za
3. Alma medium, R1 710 (incl. delivery in Gauteng only), 4 Seasons 4 u, 4seasons4u.co.za

This weekend...



Make a tall cylindrical basket out of wire and stake it into the ground and fill with fallen leaves to produce a rich leaf mould. Instead of raking leaves off the lawn, set the mower on high and run it over the grass. This not only picks them up but chops them into smaller pieces which decompose faster. Water each layer with a weak solution of high-nitrogen fertiliser like Urea or LAN. Alternatively seal in black plastic bags.



Best of the blogs

California-based garden photojournalist and author Lee Baldwin shares *Gardening Gone Wild* with a group of gardening professionals including artists, designers, journalists and teachers who write about garden design, garden photography, garden musings and succulents. Visit gardeninggonewild.com



The veggie GARDEN

1 Plant oriental vegetables like Chinese cabbage, pak choi and mizuna that thrive in cooler weather. Don't restrict them to the vegetable patch. They grow well in containers, and with their attractive foliage, look great among ornamental plants. The large red-leafed mustard makes a wonderful foliage contrast.

2 Sow broad beans, peas, beetroot, Swiss chard (pictured above), celery and brassicas like cabbage and broccoli as well as kohlrabi and kale – a major component in health smoothies. For seeds of lime-green Romanesco and sprouting broccoli and violet cauliflower, visit [Livingseeds livingseeds.co.za](http://Livingseeds.livingseeds.co.za). For oriental vegetables and a variety of pea and broad bean seeds, visit [The Gravel Garden, thegravelgarden.com/seeds](http://TheGravelGarden.com/seeds)

3 Pick excess chillies and bell peppers and dry or pickle.

4 Feed leafy vegetables like spinach, broccoli and cabbage with a high-nitrogen fertiliser.

5 Harvest ripe pumpkins by cutting them off the vine leaving a 7cm stump of the stalk; to prevent rotting, keep this stump on the plant and take care not to damage the skin.

Tall, bright and HANDSOME

We love this new penstemon series from Malanseuns. They're frost hardy, flower for long periods and are perfect planted en masse for a showy display.

- 1 Penstemon Cha Cha 'Lavender'** has spikes of medium-sized, trumpet-shaped lavender flowers.
- 2 Penstemon 'Watermelon Taffy'** provides flowers for up to 20 weeks.
- 3 Penstemon 'Strawberry Taffy'** has massive strawberry coloured bells with striking patterns.



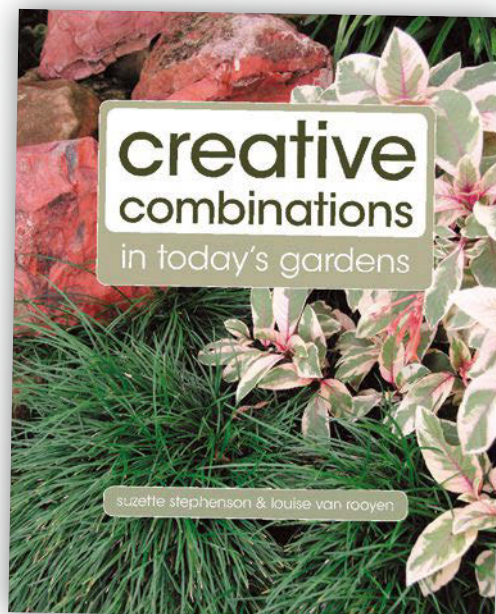
Sunken treasure

New Turfgro seaweed fertiliser from Starke Ayres is ideal for both new and established lawns. Its natural ingredients are derived from freshly harvested seaweed which provides lawns with essential macronutrients and microelements.



A clean conscience

SPAR's range of Germex homecare cleaning products is the healthy choice for hands and surfaces that are frequently touched and come into contact with food. They contain the active ingredient, G-Cide, which eliminates 99,9% of bacteria, fungi and viruses. You'll find the range at your local SPAR. Prices vary regionally. ▷



IN THE MIX

A beautiful garden is all about the right mix at the right time. *Creative Combinations in today's gardens* (Metz Press) by Suzette Stephenson and Louise van Rooyen, R210, has all you need to know about using colour, form, shape and texture in your garden.

We're planting ICELAND POPPIES

Why: They're the perfect complement to other spring annuals, brighten mainly green flower beds, plus they're great for the vase.

Where: In full sun, but keep them away from heat-reflecting walls.

How: Plant seedlings about 15cm apart and not too deep. Watering the tray before transplanting prevents disturbing the roots so they can be lifted out with the tray soil intact. Water them frequently until they're established and in their new home. Deadhead any spent flowers and pick the blooms to promote flowering.

Pest CHECK

Wondering what causes the semicircular notches on the leaves of clivias, cotyledons and begonias? The culprits are adult weevils or snout beetles which feed at night, and if disturbed, drop to the ground where their colouring makes them difficult to see. They can also damage the centre of aloes. A natural way to control them is to lay newspaper under damaged plants at night, shake the plants and then carefully fold up the paper so they're trapped inside.



What's on

9 – 11 MAY East Rand Orchid Show

Interested in orchids? Don't miss this show open from 10h00–16h00 at the Edenvale Community Centre cnr Van Riebeeck Avenue and Second Street, Edenvale CBD. Call Andre on 011 453 6888 (office hours) or visit eastrandorchids.co.za

13, 20 and 27 MAY Guided walks at The Vineyard Hotel

90-minute guided walks, R65 pp, through the Vineyard's historic, riverside gardens overlooking Table Mountain with its abundant indigenous fauna and flora are followed by tea and pastries. Call 021 657 4500 or visit vineyard.co.za

29 – 31 MAY Outdoor Eco Adventure and Travel Expo

Get into the spirit of outdoor adventure and travel at this show at Waterfall Polo Estate, Kyalami. It includes talks, demos, live entertainment and good food. Tickets, R70; pensioners and students, R40; those under 16, free. Visit outdoorexpo.co.za

29 – 31 MAY Grand Designs Live Home & Garden Show

On at the Coca-Cola Dome in Jo'burg, don't miss The Garden Theatre with its beautiful trees, garden benches and the sound of trickling water. An impressive list of experts will tell you all about the latest gardening trends. Tickets, R90; pensioners and students R60; children under 12 free. Call 011 835 1565 or visit granddesignslive.co.za

WIN! Turn to page 22 and find out how to win two free tickets to this great show.

3 SHRUBS WITH BEAUTIFUL BERRIES

1 *Turraea obtusifolia* (small honeysuckle tree) The small, pumpkin-like fruits of this indigenous evergreen to semi-deciduous shrub catch the eye in autumn just as their masses of white flowers do in midsummer. They're frost tender.

Plant: In sun or semi-shade. Height: 1–2m.

2 *Cotoneaster horizontalis* (herringbone cotoneaster)

Whether you train this frost-hardy evergreen to semi-evergreen shrub to tumble down a retaining wall, cover the ground or a wall, you'll be thrilled with its autumn display of bright red berries. Grow from semi-hardwood cuttings.

Plant: In sun. Height: 50cm–1m.

3 *Crataegus spp.* (hawthorn)

Several species of hawthorn, among them *C. lavalleyi* (pictured) and *C. phaenopyrum*, thrive in cold regions and have stunning autumn foliage and glossy berries.

Deciduous and frost hardy, they can be pruned into shrubs or trained as small trees.

Plant: In sun. Height: 3–12m.




OPEN gardens

16 – 17 MAY Gardens of the Golden City

Autumn is a great time to walk and relax along the Sandspruit River Trail, Rivonia, in Jo'burg. This 8km stretch will be open to raise funds for charity from 10h00 – 17h00. Entrance R20; children under 12 free. Dogs on leads are welcome. From Kelvin Drive, turn left into Stighling Road then right into 1st Avenue. For more information, call Lynne on 082 689 0930 or visit gardensofthegoldencity.co.za

16 – 17 MAY Kloof Conservancy Indigenous Open gardens

Located between the suburbs of Hillcrest and Waterfall, KZN, Cotswold Downs Estate features riverine forests, ponds, wetlands and grassland. Open from 09h00 – 16h00, entrance is R60 and includes tea/coffee and cakes and all activities including talks. For more information, visit kloofconservancy.org.za/indigenous-open-gardens or kloofconservancy.org.za 

WE'RE GIVING AWAY...

To stand a chance to win one of these great prizes, SMS* the entry code (e.g. BONBON), your name and e-mail address to 48406. An SMS costs R1,50. Errors will be billed. Free SMSes don't apply.

ONE OF FOUR MYBONBONS HAMPERS VALUED AT OVER

R4 500 EACH Four lucky readers stand a chance to each win a Nomination MyBonBons hamper, which includes two leather bracelets, two flower charms with stones and one flower charm in plain enamel. Nomination's MyBonBons collection includes necklaces, earrings, rings and bracelets in classic stainless steel chains or with leather straps. Each piece of jewellery is adorned with sweet shapes and delicious designs which reveal the radiance of 18k gold in a shiny stainless steel setting. Nomination's iconic gold letters return to take centre stage in this range, and the wide selection of designs within this collection means you can find the perfect trinket for anyone. **ENTRY CODE: BONBON**

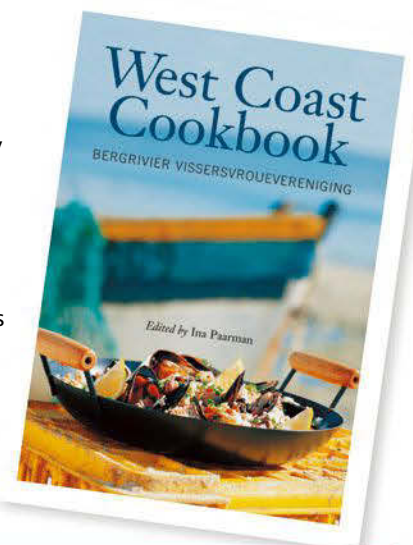


A TWO-NIGHT MIDWEEK BREAK AT THE LAST WORD

FRANSCHHOEK WORTH R8 000 The Last Word Franschhoek, a five-star hotel in the heart of this Winelands village, is the last word in elegance. The hotel features 10 en suite bedrooms, generously proportioned and comfortably gracious. Two of the rooms have stylish living rooms, opening onto a private swimming pool and courtyard. It's the fine touches and attention to detail, complemented by an attentive yet unobtrusive team, that promise treasured memories. This hidden gem away from the madding crowd is a home away from home. **ENTRY CODE: LASTWORD**

ONE OF 25 COPIES OF WEST COAST COOKBOOK VALUED

AT R250 EACH The West Coast fishing community lifestyle has changed irrevocably due to commercialisation, but one aspect of their tradition has been preserved by the Bergvliet Viessersvrouevereniging, who, under the guidance of Ina Paarman, present the *West Coast Cookbook*, published by Jonathan Ball. Included are memorable seafood dishes, delicious braai and meat recipes, and soups that make you long for the old days. This unique cookbook also gives you an intimate glimpse into the lives of the families of the West Coast. **ENTRY CODE: WESTCOAST**



CONTACTS Jonathan Ball Publishers jonathanball.co.za Nomination nomination.com or tregerbrands.co.za (local distributor)
The Last Word thelastword.co.za

*TERMS AND CONDITIONS: 1. Standard terms and conditions apply. 2. An SMS costs R1,50. Errors will be billed and free SMSes do not apply. 3. Entries close on 31 May 2015. 4. It is not mandatory to supply your e-mail address with your entry. 5. Offer valid for SA residents only. 6. The getaway includes breakfast; any other expenses not mentioned are for the winner's own account. 7. The getaway excludes public holidays and weekends, and is valid from June 2015 to October 2015. 8. To comply with the Consumer Protection Act, the winners must supply their ID numbers. A maximum of 10 entries will be accepted per ID number. 9. The prizes are not transferable and can't be converted to cash.

A Cubist MASTERPIECE



The 'Shaken & Stirred' garden, sponsored by *Garden and Home* at this year's Lifestyle Garden Design Show draws inspiration from the Cubist art movement

Using art as inspiration isn't the usual way of designing a garden. But drawing on ideas from the Cubist art movement, Lifestyle College students Praveer Sooka and Constance Smith (pictured above) conceived a dramatic contemporary garden that focuses on shape and texture.

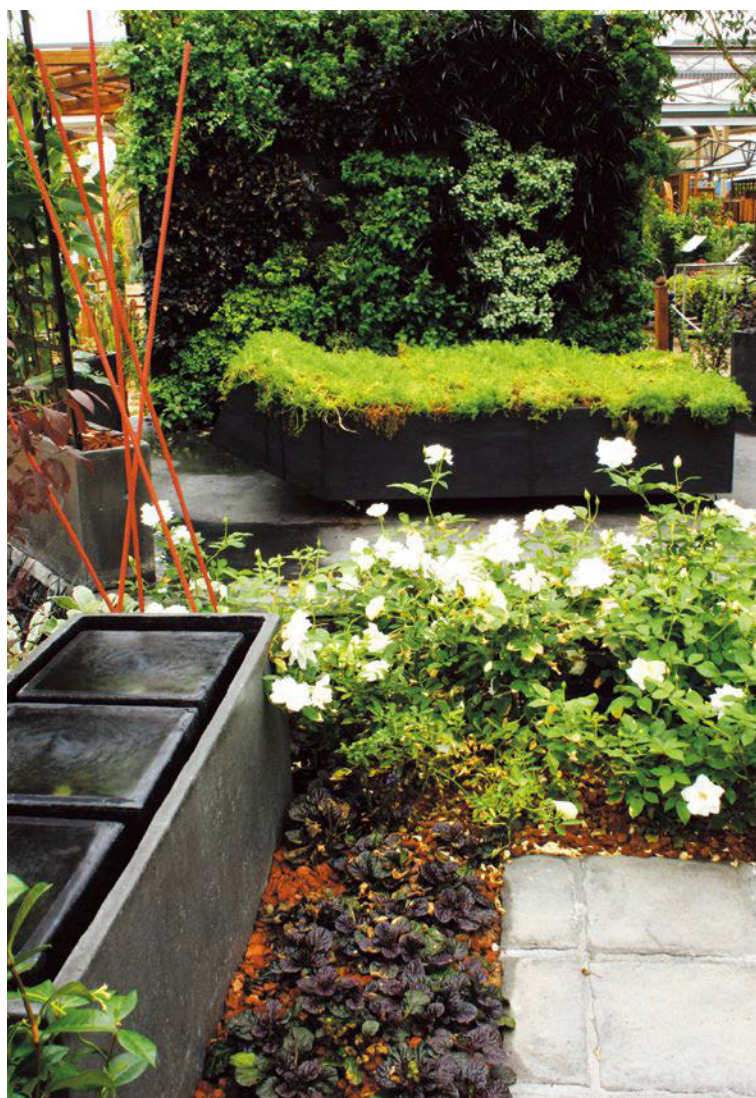
"Cubism is an art form that breaks every object into its simplest components, analyses them and then reassembles them in an abstract manner – every aspect of the object is there, but just not in the way you expect," explains Constance. "Here we repurposed or reconfigured ordinary objects and materials to form new and unexpected features."

Praveer and Constance also mimicked Cubism by focusing on shape and its components through a limited colour palette, clean,

modern lines and by keeping to a few plant varieties.

The garden is divided into three terraces linked by a pathway. Steps set at interesting angles provide a journey, giving the effect of greater space. Each terrace has a different surface, establishing it as a separate room. "We linked the rooms through the repetitive use of roses and annuals and by restricting the colour scheme, generating a calming rhythm that further unifies the look. The main colours are green, white and silver with a black and dark maroon swathe. Additional interest is added through leaf colour and textures," explains Praveer.

The first terrace, the 'stirred' section, has sweeping arcs of gravel bordered by pavers set in a herringbone pattern. Red metal stakes provide the main accent colour and a sense of enclosure



Get this plan online

Visit our website at gardenandhome.co.za to download the plan



LIFESTYLE GARDEN DESIGN SHOW

This show is on until the end of May at Lifestyle Home Garden, cnr Beyers Naudé and Ysterhout Avenue, Randpark Ridge. Entrance is free. Call 011 792 5616 or visit lifestyle.co.za



OPPOSITE PAGE: A moon gate bench and red metal stakes form striking geometric shapes on the first terrace.

CLOCKWISE FROM TOP LEFT: ● The long trough water feature with three smaller planters placed inside it cools down the area. ● A red metal stake fence fronted by plantings of white roses and mint provides support for mandevilla and jasmine. ● White mandevilla. ● Black mondo grass adds a dramatic contrast.

while offering support for climbing jasmine and mandevilla. A moon gate bench presents a view of a rose sculpture made from a series of metal obelisks welded together.

The middle terrace features Cubist-style block paving and a lavender tree forest. The two main focal points here are a cooling rim-flow water feature surrounded by purple prunus, ajuga, star jasmine, lamb's ear and a rosebud metal sculpture.

The journey ends on the third terrace, a patio that forms the resting section. Here strong geometric shapes characterise the 'shaken' part of the theme. An upcycled wooden pallet daybed planted with chamomile offers a 'lawn space' on which to relax. The floor is black-stained concrete screed and the patio is mirrored along its sides to create the effect that it's floating. Three trough containers are planted with mandevilla and 'Black Pearl' capsicums.

At the back, a vertical planter consisting of interlocking modules is planted with edible plants. "The plant combinations were deliberately chosen for contrast for example, silvery lamb's ear next to black mondo grass," says Praveer. "At night, the heightened fragrance of the plants and the predominance of white flowers pop in the dark, transforming the garden." **GH**

SOURCES Constance Smith 072 013 3944 **Lifestyle College**
011 792 8244 Praveer Sooka 082 302 1521



growing daffodils

AS GOOD AS

gold

Plant daffodil bulbs now for a
welcoming display in spring

Like the promise of sunshine, daffodils lift the spirits, penetrating the gloom of winter with their lively blooms just when it seems that spring will never arrive. “To ensure a stunning display, late April to early June is the time to plant your daffodil bulbs,” says Rian Swanepoel of Hadeco. Bulbs are available from most garden centres from late March.

GROWING TIPS

- Plant them in light, dappled shade or a location that receives mild morning rays but is protected from the hot midday and afternoon sun.
- Loosen the soil with a fork to a depth of about 20cm and add compost.
- Plant the bulbs with about 5cm of soil above the neck and space them about 10cm apart.
- Water them deeply (for 40 minutes or so with a sprinkler) every four days, depending on the weather. Keep the soil moist – a layer of mulch will help with this.
- There’s no need to fertilise the bulbs during the growing season; rather fertilise them after flowering with Hadeco Bulb Food or a 3:1:5 fertiliser so they can store nutrients for the following season.
- After your daffodils have flowered, you can leave them where they are to go dormant, but only if the soil’s drainage is good. They should flower again the following spring. Alternatively, lift them when their foliage starts to brown in early summer and store them in a dry place at room temperature.

WHERE TO GROW THEM IN THE GRASS

Daffodils emerging from a lawn are reminiscent of the English countryside. Early-flowering ‘Flower Carpet’ is the best variety for this purpose, but plant them only in a shade lawn such as Shade-Over, not kikuyu as this is too dense.

For a massed planting beneath trees, dig out a 30cm square of lawn to a depth of about 20cm and plant between seven and nine bulbs in the hole, then replace the lawn. Repeat a few times until you have planted all your bulbs. Water as usual.

‘Flower Carpet’ is at its best when planted in large drifts under trees.



'Ice Follies'



'Juanita'



'Pink Select'

Daffodils at a glance

TYPE: Bulb.

POSITION: Plant in filtered sun or a position with morning sun and afternoon shade.

PLANTING TIME: From late April to early June.

WATER: Deeply every four days; water those in containers daily.

FLOWERING SEASON: July, August and September, depending on the variety.

SIZE: From 10–15cm tall (miniatures) to 50–60cm tall (large cup).

FROST TOLERANCE: Good.



'Paperwhite'

IN CONTAINERS

All daffodils thrive in pots, but it's the dwarf varieties that really come into their own when showcased in this way.

'Paperwhite' is a miniature daffodil with small and delicate white flowers. A grouping of these in a pot will erupt into a spray of bright white in late winter, just when you need it most. 'Paperwhite' daffodils also do well indoors on a bright windowsill but out of direct sunlight. ▷

TIP! DOUBLING UP

When planting daffodils in a container, place them in two layers to get a fuller effect. Choose a deep container and plant your first layer of bulbs, cover with soil and then add another layer over the top.

IN BEDS

There are many colours and kinds of daffodil besides the well-known yellow 'Flower Carpet' to bring interest to your borders. Attract attention with a pink variety like 'Pink Select' that has white petals surrounding a pale-yellow cup that turns pink. 'Juanita' makes a bold display with its broad yellow petals and large orange cup.

'Ice Follies' cools the spring border with its white petals and large, creamy-yellow cup. At 40–50cm tall, these daffodils can be planted at the front of a perennial and shrub border or in the middle of a border among spring-flowering annuals and low-growing perennials.



'Tête-à-Tête'

IN ROCK GARDENS

'Tête-à-Tête' is a miniature yellow daffodil with swept-back, light-yellow petals surrounding a slightly darker yellow to orange trumpet.

Its diminutive size and undemanding nature makes it ideal for rock gardens – plant in amongst violas, campanulas, erigeron and primroses (*Primula obconica*).

TIP! EXTEND THE SEASON

Plant different varieties so when early-blooming varieties, such as 'Flower Carpet', 'Paperwhite' and 'Ice Follies', start to fade, they'll be succeeded by late bloomers like 'Acropolis' and 'Pink Select'.



'Acropolis'



'Dick Wilden'

DOUBLE TAKE

The attention seekers of the daffodil world, double-flowered varieties have multiple petals and ruffled cups. Bright-yellow 'Dick Wilden' bears large carnation-like blooms atop sturdy stems. 'Acropolis' features white ruffled petals flecked with red in the centre. For a dramatic spring show, plant these stunners in bold drifts in the front or middle of your border or in containers on the patio where their eye-catching blooms can be appreciated up close. These daffodils also make great cut flowers for the vase. **GH**

SOURCE Hadeco hadeco.co.za



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- tension and tingling in the legs?

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With the onset of vein disease, veins become dilated and the venous valves, responsible for the blood-flow to the heart, no longer close properly. In many cases the venous valves remain open and the blood accumulates in the dilated vein. As a result, the blood flows back in the vein and pools in the leg tissue, causing swelling, pain and discomfort.

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CVI symptoms could be an early sign of an underlying condition that may progress and result in further deterioration, for example, varicose veins or leg ulcers that can limit your mobility and enjoyment of life.

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diy water feature



GO WITH *the flow*

Fountains are a hot trend when it comes to garden design. Louis d'Hotman of Garden World provides step-by-step instructions on installing your own

WHAT YOU'LL NEED

- Spade
- Pot water feature and base (includes inlet and outlet pipe). There are many styles of pot water features in different shapes and colours to choose from and which include an inlet and outlet pipe.
- Spirit level
- Submersible pump
- Electrical plug point suitable for outdoors*

HOW TO DO IT

Step 1: Dig a hole wide and deep enough to accommodate the base of the water feature.

Step 2: Use the back of the spade to smooth and level the soil. Tamp down the soil to compact it so that the base doesn't move after installation.

Step 3: Position the base in the hole. Use a spirit level to ensure that it's level. If not, lift the base and shift the soil underneath accordingly. Fill in with soil around the base to prevent any further movement.

Step 4: Place the pot directly in the centre of the base with the outlet pipe at the back so it's hidden from view.

Step 5: Attach the submersible pump to the outlet pipe with the fittings supplied with the pump. Push the pump fitting into the pipe running through the pot. Clamps aren't necessary as the pumps don't operate with high pressure. Make sure that the pump's inlet will be underwater once your base is filled.

Step 6: Use a spirit level to check that the pot is level, otherwise the water won't flow evenly over the rim.

Step 7: If the pot isn't level, use a pebble or two or a flat wedge to tilt it in the right direction.

Step 8: Use a hosepipe to fill the base with water. Plug the water feature into the electrical point and switch it on.

***Note:** If you don't already have a suitable plug point, get a qualified electrician to install one.

Step 9: Plant your choice of succulents, annuals or perennials around the base. **GH**

SOURCE Garden World 011 957 2046
or gardenworld.co.za





CLEAN *couture*

Herb expert, Jane Griffiths, shows us how to make soaps, scrubs and even kitchen cleaners infused with home-grown herbs

Making soap from scratch is a complicated process. However, if you start with a natural 100% pure soap base and add herbal ingredients it becomes fun and easy. By including healing herbs, you'll increase the soaps' soothing, moisturising and cleansing properties.

WHAT TO MAKE

You can make a range of soaps from solid soap bars to exfoliating scrubs for cleaning hands and greasy stovetops.

To make a solid bar, no water is added to the melted soap. For a scrub, water is used to make a softer consistency. Both solid bars and softer scrubs can have a variety of ingredients added to enhance them, including ground-up pumice stone, herbs and herb-infused and essential oils.

WHAT YOU'LL NEED

- Soap base. I use Farmhouse soap, from The Soap Barn, made from coconut oil and clay. One hundred percent natural, it's easy to melt and infuse with herbal oils to make a variety of soaps from facial scrubs to shampoo bars (ideal for travelling). Glycerine soap is clear and good for making hand soaps.
- Double boiler or a glass bowl set over a pot of gently simmering water.
- Herb-infused or essential oils. Olive or coconut oil are good choices.
- Fresh herbs or other ingredients, optional. (See box page 128.)
- Plastic soap moulds, silicone sweet moulds or you can use oiled bread tins and cut your soap into squares afterwards.
- Notebook to keep track of recipes and ingredients.

HOW TO DO IT

1. Cut the soap into chunks and place in the top of the double boiler then set it over gently simmering water to melt.
 2. Add herb-infused oil, essential oils and any other ingredients, stir through to mix and remove from heat.
 3. **For solid soaps:** Pour into the moulds, tapping gently to remove bubbles. Leave to set. To remove, run a sharp knife around the edges, turn over and give a sharp tap.
- For a scrub:** Add water, stirring while you add, until it reaches the desired consistency. (It will solidify further as it cools.) Decant into wide-mouthed containers and seal.
- To make herb-infused oil:** Place one part fresh or dried herbs and one part oil in a double boiler over gently simmering water for three hours. Strain. Use 1 teaspoon oil per 200g of soap.

GOOD PLANTS FOR SOAP MAKING

LAVENDER

Its Latin name is derived from *lavare* which means to wash. The flowers have antiseptic, antifungal and antibacterial properties.

Growing tips: A hardy perennial, it likes full sun and is drought tolerant. Plant it in well-drained soil with good air circulation. It dislikes damp, wet conditions. Prune in early spring. Cut flowers regularly to keep it producing.



Lavender

GOOD TO KNOW

When using essential oils to add fragrance to your soap, wrap the soap in cotton cloth to keep the scent from dissipating.



Calendula

CALENDULA

The petals have soothing and healing qualities ideal for face soap.

Growing tips: Grow from seed in full sun in well-drained soil. It flowers from late autumn, throughout winter into early summer. Deadhead flowers to encourage further flowering.

SOAPWORT

This soothing and anti-inflammatory plant is good for dry skins. Its leaves contain high levels of saponins, which foam when mixed with water.

Growing tips: It's a perennial that prefers full sun but will grow in semi-shade. Plant in well-drained, poor soil, as it can become invasive in rich soil. Don't grow near a fishpond as the saponins can harm fish.

ROSEMARY

An antiseptic and anti-inflammatory, rosemary is good for skin blemishes and ideal for facial soaps. It also encourages hair growth and leaves hair shiny.

Growing tips: Its preferred climate is hot and dry, but it does well in more temperate areas. Choose its spot carefully as it's a large perennial that can live up to 20 years. Cut it back in late spring. In frost areas, don't cut it back in autumn. ▷



Soapwort



Rosemary

Peppermint



PEPPERMINT

An aromatic herb, it's a refreshing antiseptic and toner.

Growing tips: Peppermint spreads quickly and is best contained in pots. It likes full sun and plenty of water. If it dies back in winter, it will pop up again in spring.

TEA TREE

A graceful tree with peeling white paper bark that grows up to 7m tall. The leaves of this powerful all-purpose healing plant make a good addition to soap for problem skins.

Growing tips: Although it prefers moist soil, it will grow in most well-drained soils. It's hardy and likes sun. Keep well watered throughout summer. Trim it to keep it smaller. **GH**

OTHER INGREDIENTS TO ADD

Pumice stone: A good exfoliator in a scrub. Grind it to a powder.

Oats: A moisturiser and exfoliator with anti-inflammatory properties. Add whole or ground up.

Honey: Increases lather and keeps skin and hair soft.

Whole herbs such as lavender and calendula flowers: These add texture, fragrance and colour.

RECIPE SUGGESTIONS

Shampoo bar with lavender, rosemary and peppermint-infused oil and essential oil.

Gardener's hands scrub with soapwort, calendula and pumice (great for grubby gardener's hands).

Gentle face soap with honey, ground oats, calendula and rosemary.

Tea tree



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SOURCE *Jane's Delicious Herbs* by Jane Griffiths (Sunbird Publishers) **The Soap Barn** 011 454 4573 or soapbarn.co.za

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Bursting with *flavour*

With her usual flair, Jo'burg foodie Anna Montali adds a sense of occasion to the lunch she's hosting for friends on her patio overlooking the garden



MENU

APEROL AND
PONGRÁCZ SPRITZER



GOAT'S CHEESE
SOUFFLÉ WITH WILD
ROCKET TOSSED IN A
POMEGRANATE REDUCTION



BEEF FILLET STUFFED
WITH PROSCIUTTO AND
OLIVES IN A CREAMY
MUSTARD DRESSING
ROAST POTATOES AND
PAPRIKA PEPPERS



ORANGE CURD AND
AMARETTI PARFAIT



From left to right: Sofia Caripi, Anna Montali, Sarah Jackson, Roberta Montali, Julie Damoris and Sofie Sigrist



“

think I was born to cook,” exclaims Anna Montali. “My mother was a great cook and my mother-in-law a chef.

Although I originally worked in the corporate world, I’ve always had a passion for food and flavour, so I used to cater for friends – particularly when I was pregnant with my daughter, Roberta,” she explains.

Friends loved her food so much they kept asking when she’d open a restaurant... but the hours were too long. Then a position came up at *Food and Home Entertaining* magazine, where she answered readers’ cooking queries. Soon she became the magazine’s popular food editor and worked there for 15 years.

Since then a lot has changed and Anna is now involved in a number of food-related endeavours in partnership with her daughter, Roberta, or Robi as she’s often known, who liaises with clients, writes, plus helps with functions and anything else that’s needed.

Anna helped create Tra Amici, the pavement pop-up restaurant at the Rosebank Fire Station and last year, she and Roberta held Perfect Match, a food market with a view, on the rooftop of 3 Desmond Road in trendy Kramerville.

“We invited 20 of the best food vendors and wine merchants and had live jazz and old-fashioned movies in the background; people paired the food and drinks they wanted... or simply shared a few small tastes of everything,” she explains. It was so successful – people were literally queuing around the block – that very soon, the venue became too small, so they’re currently looking for a bigger space.

In addition to food styling and recipe development, events and catering (sometimes for up to 600 people) keep them busy, but Anna prefers smaller groups of 50 to 80, “because it’s much more personal”. Last year, Anna and Roberta launched their own blog, annamontali.co.za, which fans of this foodie will love. There’s everything that readers have come to enjoy from Anna over the years; her scrumptious recipes all bundled together with a useful ‘how to’ section, information about in-season ingredients plus interviews with chefs, book and wine reviews and travel. But mostly it’s about the food.

It’s not surprising that the type of food they showcase on the blog is the type of food that Anna serves at home. “When guests come over, I like to cook Italian –



usually with a twist. But I also love the flavours and simplicity of Japanese food,” she adds. Although Anna has a cupboard full of tablecloths and accessories, today she’s opted for fabrics in seasonal hues she picked out especially from Nonna in Parkhurst. “I think people often play it too safe when it comes to their table setting; I love the bold yellow and red against the earthy brown,” she says.

She also finds that a common mistake people make when entertaining is trying something too complicated. “The key is to do something quick and easy,” she says as the doorbell rings and she welcomes her guests with her Dachshund, Buddy, wrapped around her ankles. ▷



Roberta Montali

APEROL AND PONGRÁCZ SPRITZER

(Serves 6)

ice

750ml Pongrácz

Méthode

Cap Classique

80ml Aperol*

45ml soda water

blood orange or red
grapefruit, sliced

Place ice in 6 glasses and pour over the Pongrácz, Aperol and soda water. Serve each with a slice or two of orange or grapefruit.

***COOK'S NOTE:** Aperol is available at all leading bottle stores. The traditional Aperol Spritz is made with Prosecco.

GOAT'S CHEESE SOUFFLÉ WITH WILD ROCKET TOSSED IN A POMEGRANATE REDUCTION

(Serves 6)



Sofie Sigrist

100g butter

100g cake flour

600ml warm milk

30ml Parmesan, freshly grated

15ml Dijon mustard

30ml fresh thyme, leaves only

4 large eggs, separated

180g goat's cheese

salt and freshly ground black

pepper, to taste

TO SERVE:

fresh thyme

wild rocket

pomegranate or balsamic

reduction, optional

1. Preheat the oven to 180°C.
2. Lightly grease 6 soufflé ramekins and set aside.
3. Melt the butter and stir in the flour and cook for about 5 minutes.
4. Slowly whisk in the milk and stir until thick. Add the Parmesan, mustard and thyme and leave to cool.
5. Mix in the egg yolks and goat's cheese and season with salt and black pepper.
6. Whisk the egg whites to soft peaks and fold into the

milk and cheese mixture with a metal spoon.

7. Divide the mixture amongst the ramekins and place them neatly in a baking dish. Fill the dish with water to reach halfway up the ramekins. Bake until puffed up and golden, about 20–25 minutes.

8. Garnish with fresh thyme and serve immediately with the rocket drizzled with pomegranate or balsamic reduction, if using.





QUICK CHAT WITH THE COOK

My cooking style has lots of gusto. It's important to me that my food is flavourful, but I'm not pedantic about measuring or following a recipe.

No lunch or dinner party is complete without a glass of wine.

My store cupboard staples are garlic, olive oil, ginger, olives and tinned Italian tomatoes.

The kitchen gadget I couldn't live without is my chef's knife; I do everything with it.

My favourite comfort food dish is halva – I can eat it by the bucketload.

The best dish I ever ate was at Wolfgang Puck's CUT in London. I had the bone marrow flan.

If I was stuck on an island with one celebrity chef, I'd pick Giorgio Locatelli. He can cook Italian for me.

BEEF FILLET STUFFED WITH PROSCIUTTO AND OLIVES IN A CREAMY MUSTARD DRESSING WITH ROAST POTATOES AND PAPRIKA PEPPERS

(Serves 6)

*1,5kg beef fillet, trimmed and sliced in half horizontally
2 garlic cloves, crushed*

*30ml black olives, pitted and sliced
120g provolone cheese, thinly sliced
100g prosciutto, thinly sliced
60ml Dijon mustard
olive oil, for drizzling
250ml red wine
300ml fresh cream*

TO SERVE:
*mixed paprika
peppers, roasted
baby potatoes, roasted
fresh basil, to garnish*

1. Preheat the oven to 180°C.
2. Place the fillet on a working surface sliced side up and line with cling film. Using a meat mallet, pound until the fillet flattens slightly. Season well.
3. Rub the garlic all over the sliced side of the fillet and sprinkle with the olives. Top with the cheese, prosciutto and a little mustard. Fold over and use cocktail sticks to secure.
4. In a hot frying pan drizzled with a little olive oil, sear the

fillet for about 5 minutes on each side.

5. Place on a baking dish and season well. Rub with the remaining mustard and pour over the wine and fresh cream. Cook covered for about 20 minutes.

6. Remove the fillet and leave it to rest for 5 minutes. In the meantime, strain the juices from the pan then cook, stirring for 5 minutes until slightly thickened.

7. Slice the fillet and place on a serving dish drizzled with the cream sauce and serve with the peppers and roasted potatoes. Top with fresh basil. ▷





Anna and Roberta Montali

ORANGE CURD AND AMARETTI PARFAIT

(Serves 6)

FOR THE ORANGE CURD:

125ml freshly squeezed orange juice

100g butter

100g sugar

1 large egg

3 extra large egg yolks

FOR THE CREAM:

1 litre fresh cream

170ml sugar

60ml Grand Marnier


100g Amaretti biscuits

100g Amaretti biscuits, crushed

TO SERVE:

fresh mint, leaves only

1. To make the curd: heat the freshly squeezed orange juice and butter and stir until the butter has melted.
2. Whisk the sugar, egg and egg yolks into the butter mixture and stir over a low heat until the mixture has thickened slightly.
3. Divide half the curd amongst 6 serving glasses and set aside.
4. To make the cream: place the cream, sugar and Grand Marnier in a large mixing bowl and whisk to soft peaks.
5. Spoon half the cream over the curd in the glasses, top

with the Amaretti biscuits and the remaining cream then add the rest of the curd. Sprinkle with the crushed Amaretti biscuits, cover and refrigerate until ready to serve garnished with a fresh mint leaf. 

SOURCES Anna Montali
annamontali.co.za Nonna
nonna.co.za



Julie Damoris

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Sweet SENSATION

Food stylist Sam Linsell's latest cookbook, *Sweet* (Struik Lifestyle), R250, is full of rich, decadent and moreish recipes like these gorgeous chocolate waffles (pictured). Find the recipe on our website gardenandhome.co.za

Smooth operator

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Pick of the PINOTS

What are you drinking this autumn? Try these succulent Pinot Noirs. ● **Muratie George Paul Canitz 2012**, R180, with its red berry flavours and elegant oaking makes a fine match for a grilled rack of lamb.

● **De Grendel 2011**, R160, has velvety tannins and herbaceous notes. Try it with an earthy mushroom risotto. ● From the West Coast, **Donkiesbaai 2013**, R200, is subtle and spicy with black cherry flavours. Serve with roast duck and cherry sauce.

WIN!

We're giving away a **Le Creuset Chef's 15cm black-handled knife** worth R1 300. To enter, **SMS KNIFE**, your name and e-mail address to 48406. An SMS costs R1,50. Errors will be billed and free SMSes don't apply. For Ts&Cs, see page 117.



A cut above

Damask steel knives with olive wood or stainless steel handles form part of the fabulous new selection of knives available from Le Creuset. Priced from R900. lecreuset.co.za



THE Place to eat

Franschhoek, SA's foodie capital, has just been appointed one of The Délice Network of Good Food Cities of the World. Pop into Ryan's Kitchen for some of their delicious food, such as their Baked Spiced Angelfish, Coconut and Lemongrass Velouté. Seasonally inspired menus change bi-weekly. Call 021 876 4598 or visit ryanskitchen.co.za

What's on

2 – 3 MAY The Riebeek Valley Olive Festival

R70 buys you an olive passport (valid over the weekend) to participating venues at this festival in the quaint town of Riebeek Kasteel. Tickets are available at webticket.co.za. For more information, call 022 448 1545.

12 – 13 MAY Juliet Cullinan Standard Bank Wine Festival

This small personal wine show in Johannesburg is celebrating its 25th anniversary. Doors open at 17h30 – 21h00 at The Polo Room, Inanda Club, Sandton. Tickets, R320 pp, are available at webtickets.co.za or R280 pp or at the door.

30 – 31 MAY Groves & Vineyards Festival of Wine & Olives

Expect a selection of fine wine, olives, craft beer and artisanal food at Casalinga Ristorante Italiano, Rocky Ridge Road, Mulderdrift. Tickets, R130 pp, including a goodie bag, and R60 for children under 16, are available at Computicket.

For more information, call 087 941 1223 or visit casalinga.co.za **GH**

SEE
HOW IT
RUNS

BE SALT WISE

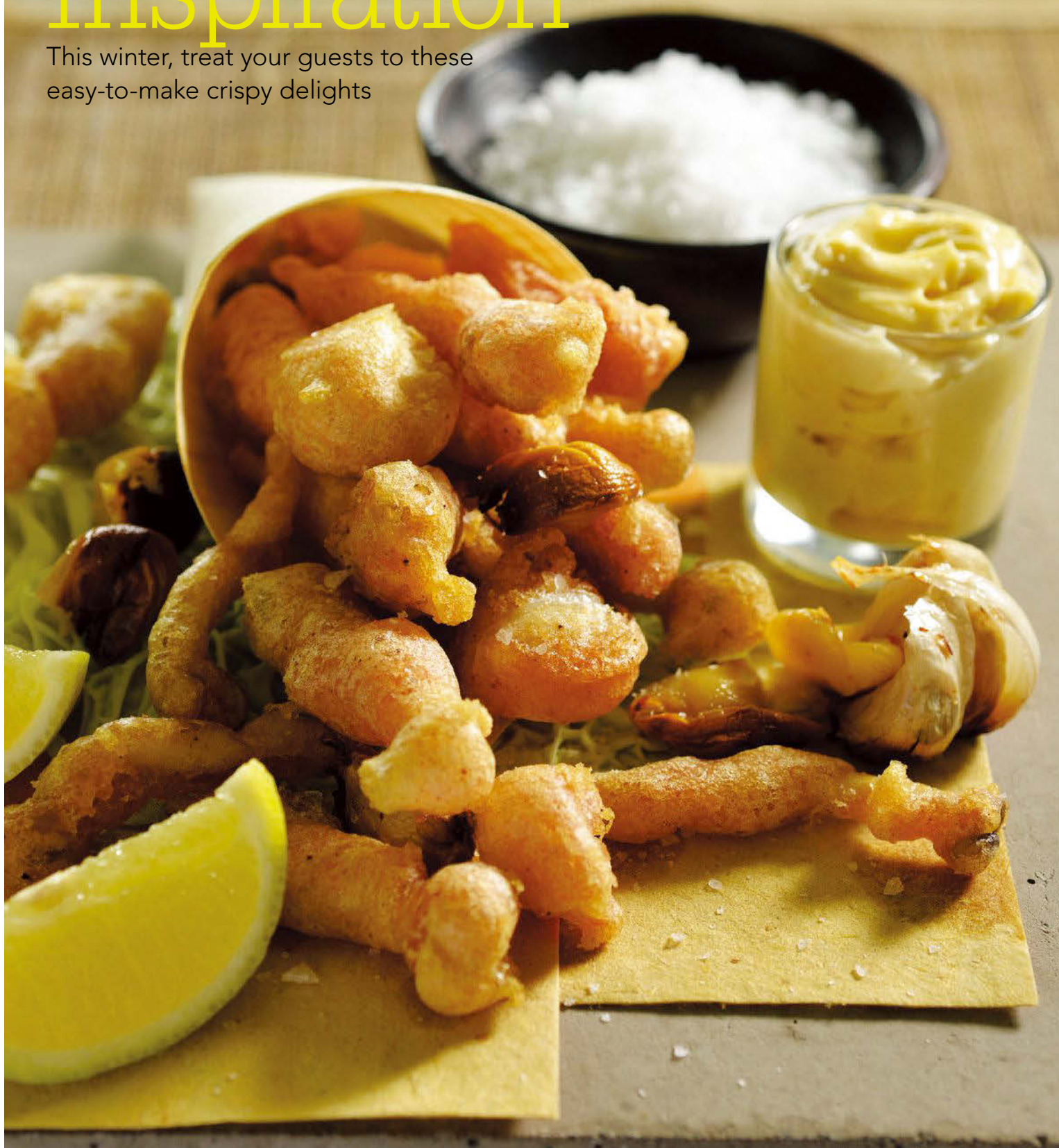
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Oriental Inspiration

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easy-to-make crispy delights



MUSHROOM TEMPURA WITH CHEAT'S ROASTED GARLIC MAYONNAISE

(Serves 4–6 as a starter)

FOR THE MUSHROOM TEMPURA:

90g cake flour, plus extra for dusting

50g cornflour

2ml baking powder

3ml paprika

3ml Chinese five-spice powder

1ml turmeric

1 egg

250ml soda water, chilled

oil, for frying

300g assorted exotic mushrooms, trimmed

FOR THE ROASTED GARLIC MAYONNAISE:

1 garlic bulb

5ml olive oil

salt and ground black pepper

100g quality mayonnaise

15ml tahini paste

3ml lemon zest

10ml lemon juice

TO SERVE:

5ml sea salt flakes

2ml Chinese five-spice powder

micro herbs, optional

lemon wedges, optional

1. To make the roasted garlic mayonnaise: preheat the oven to 180°C.
2. Place the whole garlic bulb in a square of tin foil, drizzle with oil and season with salt and pepper. Seal the foil. Roast in a roasting pan for 40–50 minutes, or until tender.
3. When cool enough to handle, squeeze out the garlic from 5 cloves. Keep the remaining garlic to serve whole or with other dishes.
4. Mash the garlic to a paste and stir in the remaining ingredients. Set aside.
5. To make the mushroom tempura: sift the cake flour, cornflour, paprika, five-spice powder and turmeric in a mixing bowl.
6. Place the egg and soda water in a jug and whisk lightly. Pour it into the flour mixture and gently combine. The mixture should remain slightly lumpy.
7. Heat the oil in a deep fat fryer or small deep-sided pan.
8. Dust the mushrooms with the extra flour, shaking off any excess, and dip into the tempura batter. Immediately drop the mushrooms into the hot oil and cook for 2–3 minutes, or until golden and crispy.



9. Drain on paper towel and season at once with the salt and five-spice powder.

10. Scatter with micro herbs and serve immediately with the whole garlic cloves, mayonnaise and lemon wedges, if desired.

GRILLED CHICKEN WITH VIETNAMESE CARAMEL SAUCE AND COCONUT RICE

(Serves 4)

FOR THE GRILLED CHICKEN:

4–6 chicken pieces

30ml olive oil

5ml sea salt flakes

3ml paprika

2ml ground black pepper

FOR THE VIETNAMESE CARAMEL SAUCE:

15ml oil

30ml fresh ginger, peeled and grated

1 garlic clove, crushed

80ml light soy sauce

80g dark brown sugar

30ml fish sauce

10ml tamarind paste

FOR THE COCONUT RICE:

400g jasmine rice

1 x 400g tin coconut cream

500ml water

3ml salt

5ml Thai fish sauce (optional)

TO SERVE:

desiccated coconut, toasted (optional)

stir-fried vegetables

1. To make the grilled chicken: preheat the oven to 200°C. Pat the chicken pieces dry with paper towel; arrange in a roasting pan.
2. Pour the olive oil over the chicken and rub to coat evenly. Combine the seasoning and sprinkle over the chicken.
3. Roast for 35–45 minutes or until the chicken is golden and crispy.
4. To make the Vietnamese caramel sauce: heat the oil in a pan and gently fry the ginger and garlic for 2–3 minutes.
5. Add the soy sauce and sugar and stir until the sugar dissolves. Increase the heat and cook for 3–4 minutes to reduce slightly.
6. Stir in the fish sauce and the tamarind paste. Set aside until ready to use.
7. To make the coconut rice: place the rice, coconut cream, water and salt in a pot and bring to the boil.
8. Simmer, covered for 10–12 minutes. Turn off the heat and let stand for 10 minutes.
9. Stir in the Thai fish sauce, if using.
10. Serve the chicken with the caramel sauce, coconut rice (topped with toasted coconut, if desired), and stir-fried vegetables. **GH**



Jewel in the HEART OF THE LOTUS

Lisa Johnston visits Luang Prabang in Laos and discovers a magical fusion of eastern and western cultures

There's a gentle hum that pervades the sleepy city of Luang Prabang in northern Laos. Like a swarm of bees it darts and swirls through the streets past tourists and tuk-tuks and vendors selling anything from fruit and veg to dried rats and frogs. The buzz is particularly pervasive around Le Banneton Café – a French bakery, where I'm enjoying a *pan au chocolat*, sipping Italian coffee and watching the morning unfold.

Eventually the source of the sound reveals itself as dozens of child monks leave the temple across the road in shards of saffron splendour. Having just finished with their morning meditation and chanting, the youngest can barely contain themselves – pushing and giggling and exchanging stories. The older boys try hard to maintain a pious demeanour until a comment or sighting of a friend makes them crack a smile.

Through the centuries this South East Asian city has maintained a proud reputation as a spiritual centre of learning. The strong Buddhist tradition has survived war, French colonisation, a 10-year bombing campaign by the United States – a secret war which sought to destroy communist forces along the Ho Chi Minh trail – and even Communist rule itself.

That the city has survived this tumultuous history with its colourful temples, glistening royal palace and charming French shop houses intact is largely due to its isolation. Luang Prabang is wedged between the confluence of the Khan and Mekong Rivers amid craggy mountains and thick forests.

After a 23-hour bus trip from central Laos on narrow curving roads with dozens of travel-sick locals, I can attest that it's not a journey for sissies. Fortunately there's a far more comfortable option and visitors



THIS SPREAD, CLOCKWISE FROM TOP LEFT: ● Wat Ho Pha Bang temple in the grounds of the Royal Palace Museum.

● A cross-section of cultures is evident at every turn. ● Although chillies are popular, Lao food is more about flavour than heat. ● A vendor sells offerings to leave in temples and at the foot of Buddhas. ● Orchids thrive in Laos. ● Photo opportunities are endless.



LISA'S TRAVEL TIPS

SHOP UP A STORM: The night market on the main road is a popular first stop for gifts and souvenirs. Items are inexpensive and the quality is decent. But if it's something special you're after, there are a number of high-end shops around town where you can buy quality tribal textiles, jewellery and antiques.

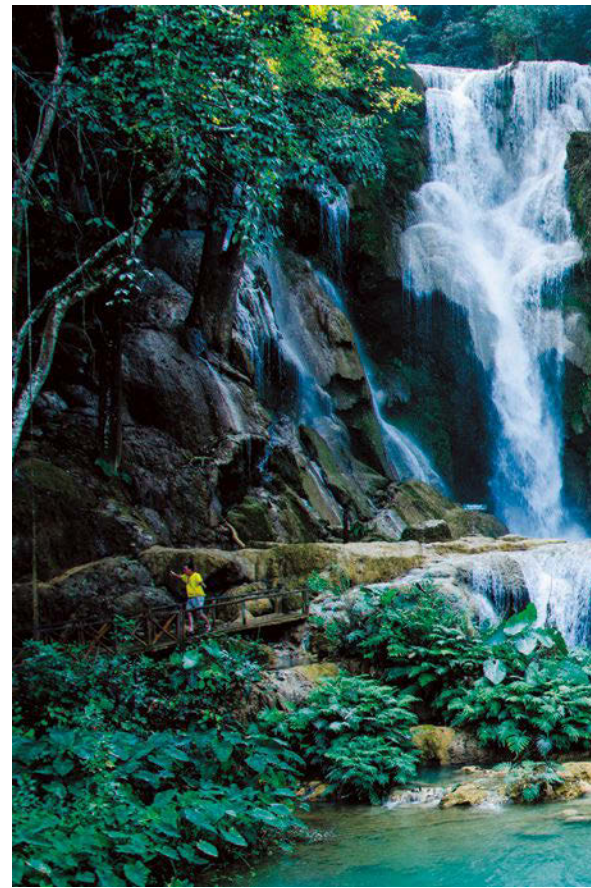
ESSENTIAL ITEMS TO PACK: A below-the-knee pair of shorts or skirt and keep a light scarf or sarong in your bag to drape over your shoulders when visiting temples and religious sites. Although it's generally hot, temperatures can dip substantially and unexpectedly in the dry season, so take along at least one pair of long trousers and a warm jacket.

NICE TO KNOW: You'll find notices around town advertising everything from stencil-making to cooking classes. Tamarind Restaurant & Cooking School's cookery courses and Ock Pop Tok's range of traditional craft courses both have a good reputations.

can now fly into Luang Prabang from other parts of Laos as well as its neighbouring countries. Although getting there can be difficult, it's Luang Prabang's isolation that's helped maintain its old-world charm despite a recent influx of tourists and it's been spared the tacky developments that often follow tourism in South East Asia.

In 1995 the city was declared a world heritage site by UNESCO which describes it as "an outstanding example of the fusion of traditional architecture and Lao urban structures with those built by the European colonial authorities in the 19th and 20th centuries".

This fusion extends to more than its architecture. Food is another area where a variety of influences create something unique with Chinese, Vietnamese, Thai and the ever-pervasive French influences; crisp baguettes are as commonplace here as pasta is in Italy. The most popular dishes consist of grilled meat and fish ▷



PLANNING YOUR TRIP

GETTING THERE: Qatar Airways flies to Luang Prabang. Expect a journey upwards of 22 hours if flying from South Africa, with at least two stops en route. A cheaper option is to look out for a good package deal to Thailand or Vietnam and catch a regional flight on a local airline from there.

WHEN TO GO: November to January are the coolest months and the countryside is lush and beautiful after the rains. In February, temperatures climb, reaching their peak in April. Monsoon season is from May to September.

VISAS: Visas can be obtained on arrival.

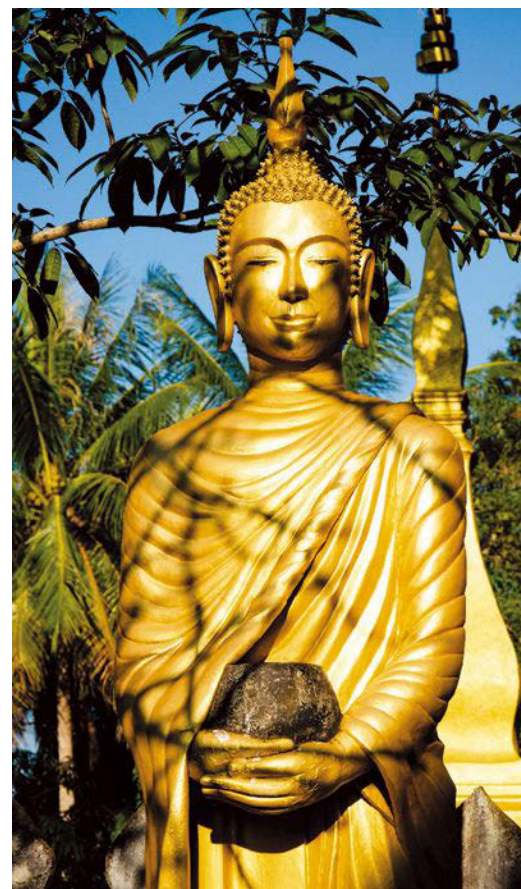
served on skewers or in soups and stews with a variety of herbs and tangy greens as well as fish sauce and pastes made from vegetables and herbs to add additional layers of flavour.

In a travel article, Elizabeth Gilbert, author of *Eat, Pray, Love*, once described a meal in Luang Prabang as the best she'd ever had. It was a slow-cooked potage of buffalo meat and vegetables with a surprising addition – a large chunk of wood. “The long-boiled wood released a spicy explosion into our mouths – something sort of pepperminty, sort of cinnamon, sort of pine-

pitchy – that was the single most breathtaking (literally) flavour I have encountered anywhere in the world. Then I splashed some of the fizzy, cold rice wine into my still-astonished mouth... I swear to the heavens I saw stars,” she wrote.

Unfortunately I never came across anything as exotic as Gilbert's wood meal, but took my fill of steamed fish with lemongrass and sticky rice, pork-stuffed bamboo shoots and the ever-popular *larb* – minced chicken, beef or pork with fish sauce, lime and herbs served with rice. There's no shortage of restaurants and cafés serving an international smorgasbord of flavours, but a cheap and fun way to get to know the local fare is to sample the buffets served from an alley abutting the night market.


Although eating, temple hopping and watching the fishermen cast their nets over the vast Mekong River are justifiably pleasant ways to pass your time, the soporific city is also beginning to



build a reputation as an adventure capital. There's no shortage of operators touting river cruises, elephant treks, mountain bike trails and one-to-five-day hikes into the surrounding mountains. Highly recommended is a one-day trek to the Kuang Si Falls, a surreal series of aquamarine cascades. An added bonus is that the falls are also the site of the Tat Kuang Si Rescue Centre, a sanctuary for bears, where you can giggle at the comical antics of these furry creatures.

For me though, the highlight of Luang Prabang was the rich tradition of tribal crafts – exquisitely woven textiles in indigo and red, fine filigreed silver jewellery and handmade paper lanterns that decorate the main street. Ock Pop Tok (east meets west) a Fairtrade shop and women's empowerment initiative showcases the very best of these hill tribe hand-loomed textiles and offers classes in silk and cotton weaving, hand dyeing and batik.

THIS SPREAD, CLOCKWISE FROM TOP LEFT: ● Wat Tham Phou Si, a Buddhist temple in the centre of the town. ● The many tiered Kuang Si Falls, about 30km away, is a popular day trip. ● Religion is at the epicentre of life in Luang Prabang. ● Tat Kuang Si Rescue Centre is a sanctuary for bears that might otherwise have ended up as products in the traditional medicine trade. ● You can learn a number of traditional crafts from batik to weaving at Ock Pop Tok. ● Bright umbrellas on sale at the night market. ● Tourism and tradition live side by side in Luang Prabang. ● Although it's set in the mountains, Luang Prabang is relatively flat and cycling is a popular way to get around.

On my last day in the city I returned to Le Banneton Café for my ritual cup of coffee and to bask in the buzz from the temple across the road. The Buddhists have a mantra: *om mani padme hum*, which translates roughly to 'jewel in the heart of the lotus'. Just as the lotus grows out of the mud of the riverbed to become a magnificent flower, so too can we grow from difficult experiences. I'm not sure where I stand on this personally, but as far as cities go I know without doubt that this is that jewel. 

COLLECTING DINKY TOYS WITH *Wessie van der Westhuizen*

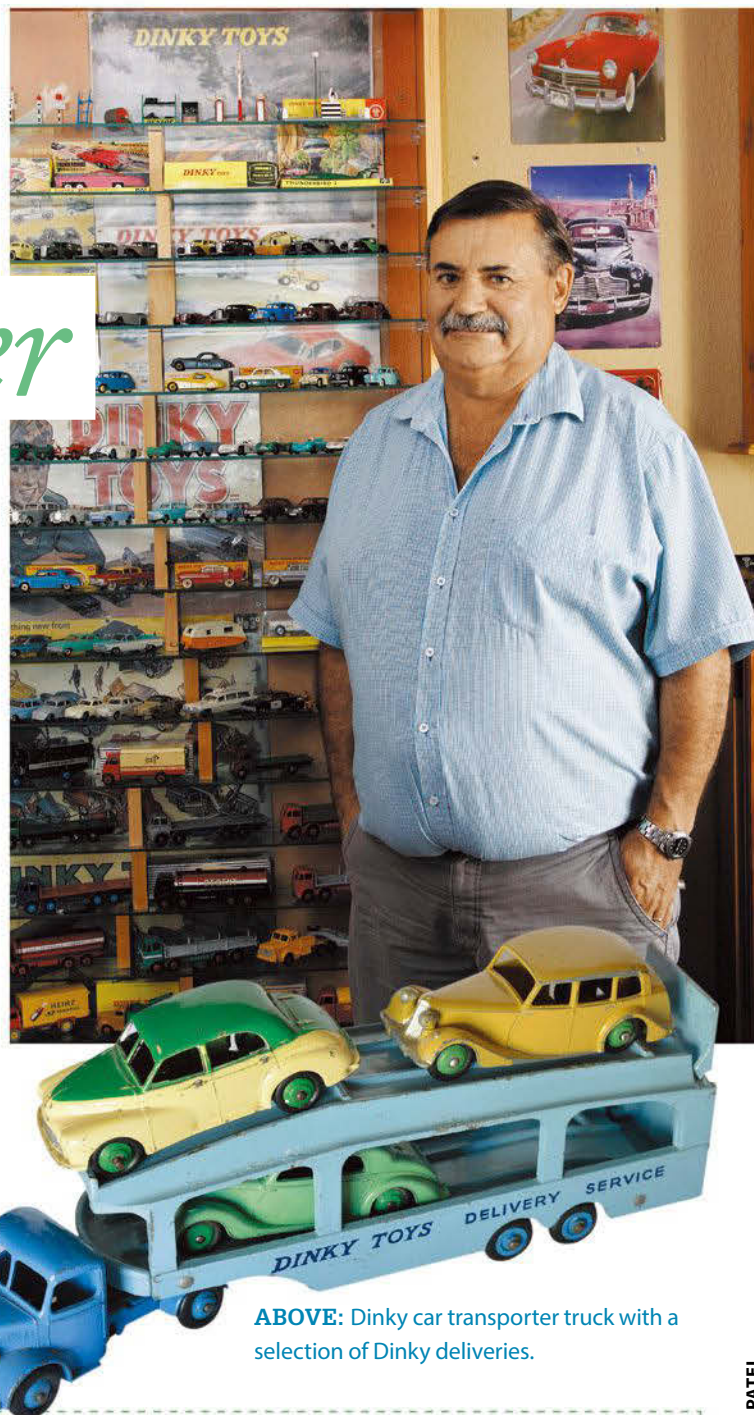
This Jo'burg collector spends his weekends scouring flea markets, junk shops and toy fairs for great finds

“I’ve seen grown men almost coming to blows over a Dinky Toy – or even just a rare spare Dinky part. For some people collecting vintage die-cast models is a very serious business,” says Johannesburg Afrikaans teacher, ex-oompah band member and super-knowledgeable collector, Wessie van der Westhuizen.

“For me it’s more about the fun and excitement of the hunt. It’s a huge thrill when you find a rare or interesting model where you least expect it. It’s fascinating to see what you can find stashed away at the back of a cupboard or at the bottom of an old toy box,” explains Wessie.

“It’s a great hobby that started when I stopped playing in a band. I’ve spent many a weekend scouring flea markets, junk shops and toy fairs looking for Dinky Toys for my collection. My wife has started to go with me and has made some great finds, looking where I usually wouldn’t. I think for her it was a case of, if you can’t beat them, join them.”

Wessie’s Dinky collection started with a red Routemaster London bus given to him by one of his pupils. “The kids at



ABOVE: Dinky car transporter truck with a selection of Dinky deliveries.

A BRIEF HISTORY OF DINKY TOYS

- Dinky Toys were never intended as individual toys. In 1933 maker Meccano introduced a series of cars to complement their Hornby Scale O train sets.
- The name is thought to have derived from Scottish slang for small or fine. Today, it’s synonymous with any small die-cast toy car.
- Early models weren’t an accurate representation of a particular make or car. Cars were either Streamline Roadsters, Towncars, Racers or Sedans. Very few pre-war Dinkys survive today. Metal fatigue or rust have consigned most early examples to the rubbish dump.
- Production slowed down during WWII. The golden age of Dinky is considered to be from 1945 – 1967. The range was very wide and included cars, trucks, boats, planes, gift sets, movie tie-ins and military vehicles.

- Production took place in factories in both England and France throughout this period. Extremely rare South African assembled versions were made for a short period from 1962 and only about 1 000 were produced. Parts were imported, then painted and assembled locally to avoid import duties and appease local content regulations. Other than having different colour options and packaging with Afrikaans wording, local models are very hard to identify. Beware of repainted fakes being pawned off as the real deal.
- Later toy models were more gimmicky, but weren’t as detailed or well produced. Dinky struggled in later years against cheap Asian production costs, finally closing shop in November 1979.
- Today Atlas Models of China are reissuing iconic Dinky models under licence. They’re great quality and come with a certificate and original-looking packaging.



ABOVE, LEFT TO RIGHT: ● From the 1960's British TV series *Thunderbirds*, complete with box depicting futuristic Tracy Island. ● Austin-Healey Sprite made in England. The South African assembled version was unique in that it was available in lavender. ● Guy Van with Spratt's Dog Biscuit branding (livery).

school know I collect models. They sometimes joke and ask me if I play with my toy cars. That's the last thing that I'd do. If I knew as a child what some of my toys would be worth today, I wouldn't have taken them out of their boxes! A rand or two spent on the right toy back then would have secured me a very healthy retirement fund," laughs Wessie.

"I also buy from online auctions quite often. My best find so far has been an extremely rare South African assembled, sage-green Chevrolet Corvair in near mint condition. It still has its original packaging, complete with 65 cent price sticker from the OK Bazaars. It's worth a couple of thousand rand today. A few of my fellow collectors are sage green with envy over this acquisition.

"But for me it isn't so much about the financial value of the toys. It's easy to get a great collection if you have the money and are willing to spend a fortune. I'm not even particularly concerned if the model isn't in mint condition. I think it's nice to see a bit of wear in a toy. At some time it must have been enjoyed and much loved. I collect because I'm nostalgic. My Dinky Toys take me back to the happy times of my childhood." **GEH**

TIPS FOR ASPIRING COLLECTORS

- "The choice is limitless and you can get overwhelmed if you have no focus," says Joshua Richards from Richie Models. "Choose a particular die-cast maker like Corgi, Dinky, Lesney Matchbox, Schuco or Hot Wheels."
- "Alternatively, stick to a theme – maybe rally and race cars, branded trucks or a particular marque, like Rolls Royce, Volkswagen or Mercedes-Benz," he says.
- Flea markets, jumble sales and charity shops are where you're most likely to find big bargains.
- You may have to buy a lot or box of toys if you want to get a particular toy. Swap out what you don't want with fellow collectors. On the whole there's plenty of camaraderie among collectors, no matter what they collect.
- Like with most collections, the enjoyment lies in gaining knowledge about something that you're interested in. Just have a bit of fun!

CARING FOR DIE-CAST TOYS

- Keep them out of harm's way. In other words out of the reach of children.
- Repaints and restoration are a big no-no and reduce the value of a toy dramatically.
- Replacement tyres and reproduction boxes are available. They may enhance the aesthetic value but do little to contribute to market value.
- Simply wipe with a damp cloth and mild detergent, if needed. Avoid strong solvents as they may corrode paint and discolour plastic windows. Never clean any paper decals and livery.



ABOVE, TOP TO BOTTOM: ● 1960's Baby Blue Morris Mini Traveller Bedford. ● Covered truck – early edition Dinky Toys had no plastic windows or interiors.

SOURCES Wessie van der Westhuizen 082 826 2754 **Richie Models** 072 254 1730. For dates of upcoming model toy fairs, call Joshua Richards on 072 254 1730 or e-mail richietoys@absamail.co.za

Treasure chest

What are your collectables worth?

FIND OF THE MONTH

This camphor kist was used by the Coetzee family during the Great Trek. Can you tell me if it has any value? It's been in our family for years.

Johanna Riese, via e-mail



Our expert in Transvaal and Cape furniture Riaan Bolt of Riaan Bolt Antiques says, "This camphor wood *wakist* is in fact British Colonial and dates from the second half of the 19th century. These were popular pieces of campaign furniture.

"Cape-made *wakiste* were always tapered so that they could fit onto the front or back of the wagon. They were used as storage for precious belongings and doubled up as seating, both on and off the wagon. Other woods used to make *wakiste* include yellowwood, stinkwood, witels and oregon pine. This example has a beautiful patina and is worth between R4 000 – R6 000."

My partner has a very interesting collection of Time magazines dating from 1935 – 1952. Two of my favourites and the most interesting feature Hitler and Mussolini on the covers. Are these of any value?

Candice Els, via e-mail



George Curtis of Quagga Rare Books & Art says, "These usually have a very low value as there are still plenty of them around. There are some exceptions such the significant May 1945 copy featuring the death of Hitler (shown here) and its powerful and significant cover illustration by the futurist artist Boris Artzybasheff (1899 – 1965).

"Due to the subject matter the demand is strong and this issue can fetch between R2 000 – R4 000. However this copy appears to be in poor condition, so I'd value it at about R1 000 – R1 500.

"The other copies, despite their age, don't have much of a market. Dealers ask about R50 a copy if they're in reasonable condition, but most of the time they gather dust or provide food for a variety of book-devouring insects."

THANKS TO OUR SPECIALISTS:

Ingrid Aron Kalk Bay Antiques Centre 021 788 8882 **Riaan Bolt** Riaan Bolt Antiques 083 698 7146 or riaanbolt.co.za **George Curtis** Quagga Rare Books & Art 021 788 2752 or quaggabooks.co.za

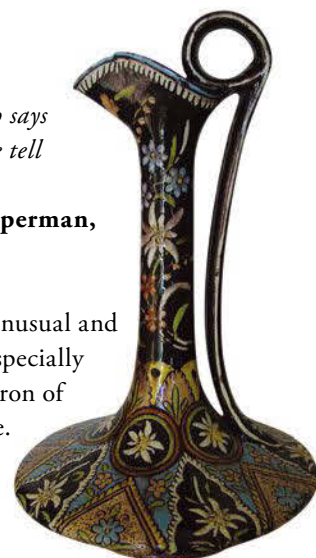
We received this vase as a present from a friend, who says that it's an antique. Please tell us more about it.

Hendri and Marieta Opperman, Windhoek, Namibia

"This piece is extremely unusual and we don't see these often especially here in SA," says Ingrid Aron of Kalk Bay Antiques Centre.

"My guess is that it's Mediterranean.

"It's highly decorative, almost likely Italian Majolica, and judging by the shape, it's Art Nouveau, late 1800s. I would sell this in my shop for no less than R3 500 if it's about 30–40cm high. If it's half that height, about R2 500. The decoration on it is reminiscent of the old Moorish tiles one sees in Spain and Portugal."



EXPERT TIP: "MOST MAGAZINES ARE OF NO VALUE UNLESS THEY RELATE TO

A SPECIFIC FIELD. OLD SCOPE MAGAZINES WITH STORIES OF THE ANGOLAN WAR FOR INSTANCE ARE SOUGHT AFTER BY MILITARY HISTORY BUFFS. FASHION MAGAZINES FROM THE 1960S AND 1970S ARE VALUABLE TO THOSE IN THE FASHION INDUSTRY," SAYS GEORGE CURTIS

WRITE IN AND WIN

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Send in clear photographs of collectable items to Treasure Chest, SA Garden and Home, Box 3124, Parklands 2121. Due to the volume of mail we are unable to respond personally or return photographs. Send e-mail submissions to gardenhome@caxton.co.za. Pictures must be sent as separate attachments at a size between 1MB – 2MB. Only one submission per reader will be accepted. For guidelines on the best way to take your photos for Treasure Chest, visit our website gardenandhome.co.za






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Laetitia Viljoen at: 082 923 0240
Natalie (during office hours 08h00 - 13h00) at: 012 361 0128
Email: paint@laetitiaviljoen.co.za
Fax number: 086 682 9529
Website: www.laetitiaviljoen.co.za



Laetitia Viljoen
Decorative Art Studio



Lifestyle college

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Time: 08h00-16h00
Cost: R4,000.00

Fruit & Vegetable Gardening:

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Time: 09h00-16h00
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Lifestyle College at Lifestyle Home Garden Centre, Cnr. Beyers Naudé Drive & Ysterhout Avenue, Randpark Ridge, Randburg
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HIGH FIVE

Durban product designer Lance Surgeson, founder of Glass Garden, shares a few of his favourite things

“I always wanted to design and manufacture my own range of products one day,” says Lance Surgeson. After completing a B.Com degree in Economics and working as a lighting designer, Lance approached Paul Rabinowitz, now his business partner, and they started collaborating on contemporary designs, including a glass and lead vase using traditional stained glass techniques.

“After months of research, many soldering iron burns and glass cuts we launched The Oasis Collection at the I Heart Market in June 2013,” says Lance. The range was well received and the Glass Garden team has since expanded their range to include a series of display cases resting on a base of smooth concrete. “Our aim is to produce high-value, handmade decor products using earthy materials and artisan techniques. We’re currently working on a range of pendant lights in our signature style,” says Lance.

LANCE’S BEST...

SPACE is the Priority Zone Rooftop Garden in the Durban City Centre (1). “This creative garden has a mix of styles and yet doesn’t feel contrived. Every plant has a place and every item has a story,” says Lance. “The weathered aesthetic and use of a variety of recycled materials are in keeping with our own style and always provide inspiration.”

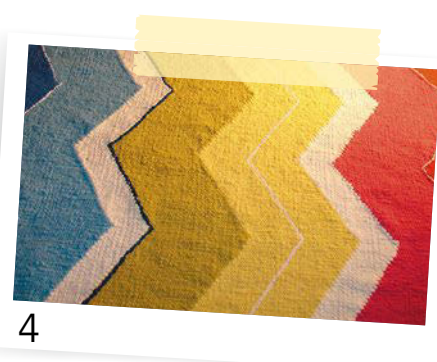
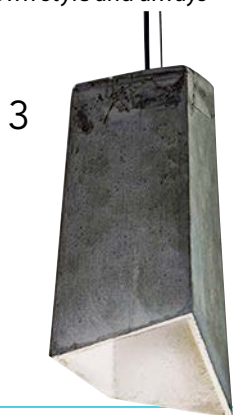
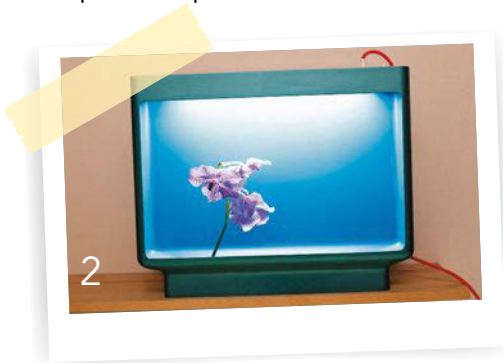


INTERNATIONAL DESIGNERS are Frenchmen Ronan and Erwan Bouroullec. “I’m inspired by their attention to detail, from the choice of form and colour, to their finishes,” he says. “Their design blurs the line between industrial and craft as shown in this vase (2).”

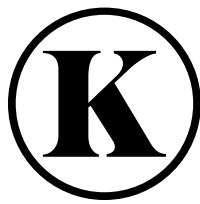
LOCAL DESIGN is the 20Eight Concrete Pendant (3). “The juxtaposition of raw concrete and delicate glass is interesting and creates a bold statement piece,” says Lance.

LOCAL RETAILER is Hoffmann Rugs. “They have an incredible history of working with the local Zulu community. Their primary focus is on maintaining the highest quality in their work as shown in this detail of this rug (4), and as a result, often offer better value than imported products.”

PRODUCT FROM THE GLASS GARDEN RANGE is the Oasis vase (5). “The smooth bold lines emphasise the clarity of the objects inside, in this case, the contrast between the dark frame and deep-green aloe,” he explains. **GH**



SOURCES 20Eight 20eight.co.za Glass Garden glassgarden.co.za Hoffmann Rugs hoffmannrugs.co.za
Priority Zone priorityzone.weebly.com Ronan and Erwan Bouroullec bouroullec.com



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